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- Thai Steak
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7 Fresh  
Cocktails

P 102



**BREASTS**  
An Owner's  
Manual  
P 70



A Date with  
Jason Priestley

Fuss-Free  
SUMMER  
DRESSES

# 29

IDEAS FOR  
A BLOOMIN'  
SUMMER  
GARDEN



Cate Blanchett

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Si



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NEW

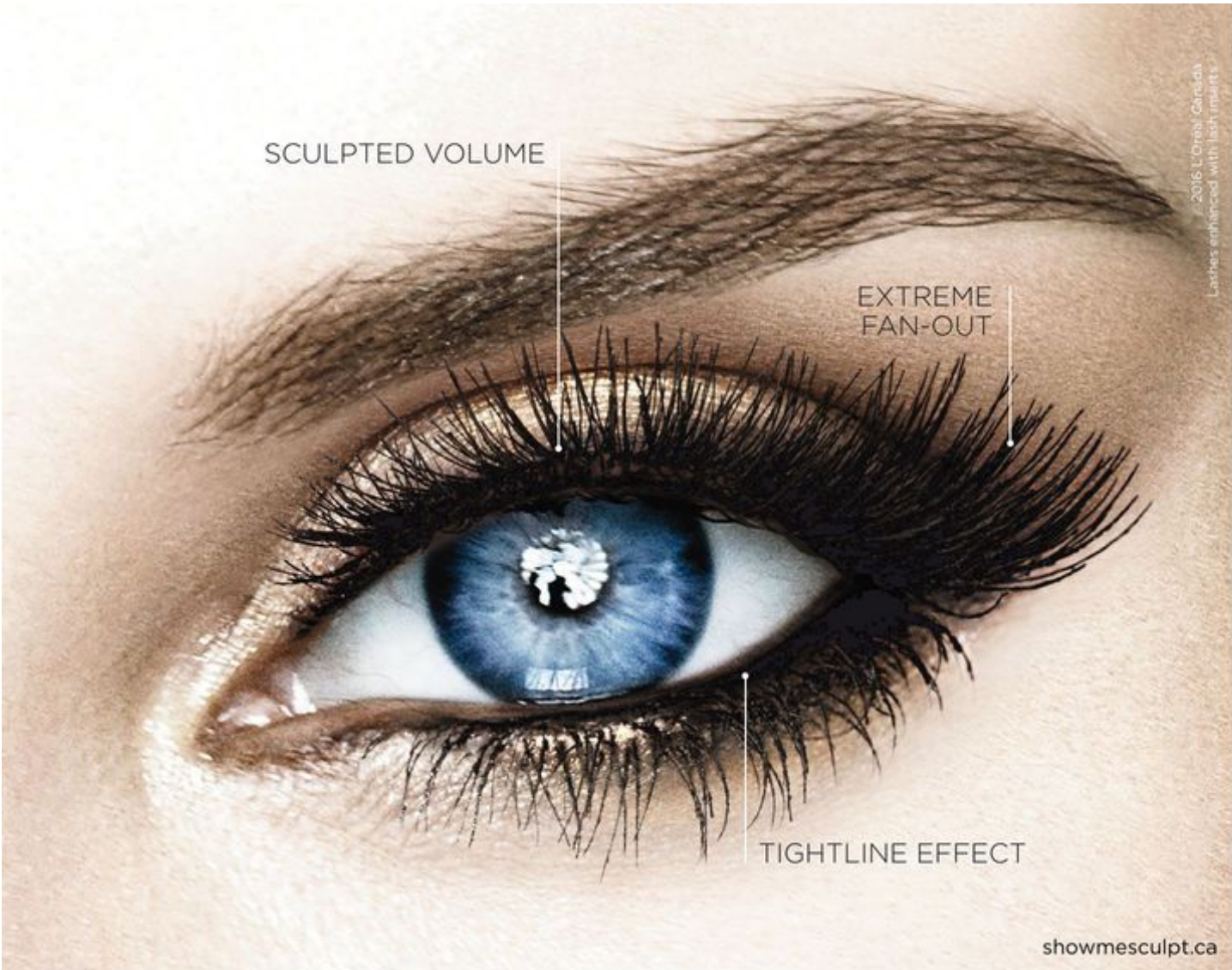
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#AGELESS



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Volume 89,  
Issue #06

# June

chatelaine.com



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#### FACEBOOK POLL

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All the chocolate

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**Breasts: An owner's manual**  
An exploration of the complex and profoundly personal relationship women have with their breasts.



We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at [testing@chatelaine.com](mailto:testing@chatelaine.com).

# TREATMENT SMOOTH 24/7

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\*strength against damage vs. non-conditioning shampoo ©2016 P&G





## A lot to bare

This month, we set out to explore the endlessly fascinating and complex relationship that women—and, let's face it, the whole world—have with our breasts. It may sound like a frivolous exercise, but when you think about it, the way we feel about our breasts factors into just about every aspect of our lives: from puberty, self-esteem and sexuality to health, motherhood and aging.

To gauge how fraught this relationship truly is, we need only to consider the seemingly arbitrary and contradictory rules we adhere to about breasts on display.

Bare breasts are always welcome in a fine art museum. They're acceptable on statues, in medical textbooks and in pamphlets that promote breastfeeding (although the jury is still out on *actual* breastfeeding, considering how often we hear about women being kicked out of public places for nursing their babies). Naked breasts are festive at a Pride parade, but indecent at a music concert. They generally won't be tolerated on network television, but it's *de rigueur* for models and celebrities to strut in transparent gowns on runways and red carpets. Kim Kardashian's topless Twitter selfies *might* be a feminist act, but we're still recovering from the global meltdown brought on by Janet Jackson's 2004 Super Bowl slip.

Of course, a lot comes down to context, but where breasts are concerned, the messages we take in are uneasy and hard to decipher. In our feature "Breasts: An Owner's Manual" (page 70), we aim to capture this complicated love-hate relationship. For some women, their breasts are a source of endless joy; for others, endless agony. Some are too small, too big, too lumpy, too sore, too uneven. Some bring about health scares and latch problems, gaping clothes and unwanted attention.

In discussing our visual treatment for this feature, we considered everything from illustrations and silhouettes to goofy fruit metaphors. But in the end, we didn't believe we could advocate for "real talk" about breasts and shy away from showing them in all their unique glory. In March, we put out a call for adult women of all ages, shapes, sizes and backgrounds to participate in a celebratory photo session by Toronto photographer May Truong. Dozens turned up, reflecting a whole spectrum of experience: pregnancy, breastfeeding, enhancements, tattoos, mastectomies (one brave 29-year-old wore her post-surgical compression bra), reductions, reconstructions and more. Many told us that taking part in this photo shoot was an act of personal empowerment. They also told us about their breasts. Sure enough, every pair has a story.

Lianne

Lianne George  
letters@chatelaine.rogers.com



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### MISCELLANEOUS THINGS WE LEARNED THIS MONTH



How to assemble a fragrant herb bouquet.  
P 47



What to feed a tough crowd at a barbecue.  
P 89



The latest accessory trend: the mini-scarf.  
P 26



That everyone you know probably eats too much sugar.  
P 61



RALPH LAUREN







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JUNE  
'16

# notebook

What to read, watch, do and love this month

▼  
JUNE  
is Bike  
Month!



## FIRST THING

### Ring your bell

Ribbons and colourful wheel-spoke beads may be child's play, but there's another fun way to be the belle of the bike lane this month. These jaunty handlebar accessories, whether striped or shaped like a diamond ring, are stylish *and* serve a safety function. Ding, ding! Coming through—and looking good!

1. Linus Ding Dong Bells in turquoise, navy and ruby, \$24 each, [bikesonwheels.com](http://bikesonwheels.com). 2. X Bells in pistachio and black, \$22 each, [luvelobikes.com](http://luvelobikes.com). 3. Racing Stripe Bike Bells, \$18 each, [luvelobikes.com](http://luvelobikes.com). 4. Ring to It Bike Bell, \$19, [kikkerland.com](http://kikkerland.com). 5. Double Bike Bells in turquoise and ivory, \$13 each, [kikkerland.com](http://kikkerland.com). 6. Ding Dong Triple Scoop, \$16, [electrabike.com](http://electrabike.com). 7. Ringer Bell Ice Cream, \$10, [electrabike.com](http://electrabike.com). 8. Ringer Bell Wood, \$16, [electrabike.com](http://electrabike.com). 9. Ringer Bells in green, light blue, purple and orange, \$9 each, [electrabike.com](http://electrabike.com). 10. Dome Aluminum Handlebar Mount, \$9, [electrabike.com](http://electrabike.com).





**Age** 63

**Hometown** Six Nations of the Grand River Territory, Ont.

**Occupation** President and CEO of Indspire, lawyer, indigenous activist

**Loves** Campfires, jazz concerts, making homemade jam with her granddaughter, Daisy

MS. CHATELAINE

## Roberta L. Jamieson

She's spent decades advocating for Canada's indigenous community—and she has no plans to slow down

By DOMINIQUE LAMBERTON

**R**oberta L. Jamieson has had her share of firsts: She was the first indigenous woman in Canada to graduate from law school, Ontario's first female ombudsman and the first woman to be elected chief of her community, Six Nations of the Grand River Territory. But the 63-year-old, who is also the president and CEO of the indigenous-led education charity Indspire, doesn't dwell on the past—she's blazing ahead, more passionate than ever. "I'm not one of those people who see 65 and get ready to retire," she says.

Her five decades of dedication to advocacy, particularly on behalf of the country's indigenous people, is the reason

Jamieson was honoured with the YWCA's Women of Distinction Award last month. Under her leadership, Indspire awarded more than \$14 million in bursaries to indigenous students in 2014–2015. "Our typical recipient is a 27-year-old woman, often with kids," she says. "We know the power women hold in changing the world."

Raised in Six Nations of the Grand River Territory—the most populous reserve in Canada—by a Mohawk father and an Irish mother, Jamieson waited tables at the greasy spoon owned by her parents at age 12. One day, while she was serving Six Nations' chief at the time and a government-mandated Indian agent, the inequality facing her people sunk in. "Nothing was done without [the agent's] approval," says Jamieson. "I found it abhorrent. It motivated me to change our circumstances."

At 17, she headed to Montreal to study medicine at McGill University. But in 1971, when the Quebec government announced its intent to flood 11,500 square kilometres of Cree land to make way for the James Bay Project, a huge hydroelectric power development, it inspired Jamieson to pursue a law degree instead. "I thought, 'Our people need [legal] skills if we're going to secure our proper place in Canada.'"

After graduating from Western University in London, Ont., Jamieson spent a decade working in mediation between the federal and provincial governments and First Nations—a role that led to her appointment as ombudsman of Ontario. In 2001, she was voted in as Six Nations' first female chief during a major leadership overhaul on the reserve.

Jamieson sees education as the key to change. "We need to bust the myths and stereotypes about our people that continue to abound," she says, encouraged by the federal government's commitment to a public inquiry into the country's missing and murdered indigenous women. "We've got a chance to start a new chapter—one where we embrace our history but build the future together." **G**

HAIR AND MAKEUP: DAVID GOVEIA FOR M.A.C. COSMETICS/JUDY INC.



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THE CHECKLIST

# Five things on our radar this month



## COMEBACK CORNER

### Name

Shirley Manson

**You know her as** the titian-haired frontwoman of '90s alt-rock band Garbage.

**You've confused her with** pop powerhouse Florence Welch.

**You barely thought about her till** she played a humanoid CEO in 2008's *Terminator: The Sarah Connor Chronicles*.

**Now she's back** with *Strange Little Birds*, the second album of new material Garbage has released since the band went on indefinite hiatus in 2005.

**Odds of success**

6/10



## FILM

# Now, Moore than ever

It's tricky to pin down exactly what makes Julianne Moore such a compelling onscreen presence. Is it her flaming mane? Her balance of warmth and intensity? The fact that with just a look from those moon-saucer eyes, she can convey a constellation of emotions? Whatever it is, Moore makes any film she's in a must-see. That goes double for *Maggie's Plan*, a wry romantic comedy in which Moore plays a sharp professor whose marriage is unravelling.

*Maggie's Plan* premieres June 3.

## ART

# Belle de jour

If dorm-wall representation is any indication, nothing screams vintage French flair like a print by Henri de Toulouse-Lautrec. The Post-Impressionist artist, famed for his dynamic glimpses of life in 19th-century Paris, is the subject of "Toulouse-Lautrec Illustrates the Belle Époque," a delightful exhibition of lithographs that opens June 18 at the Montreal Museum of Fine Arts.



## TV

# Ladies who laugh

*Baroness Von Sketch Show*, CBC's first all-female sketch series, promises a gut-busting take on modern quandaries (from ordering coffee to open relationships).

Premieres June 14.

## FILM

# Pop art

In the next-level music mockumentary *Popstar: Never Stop Never Stopping* (out June 3), eternal man child Andy Samberg stars as a rapper who reassesses, well, everything after his album tanks. His is just the latest addition to the faux-pop-hopefuls-on-film canon.

## Ready for LOL-apalooza



**DuJour**  
(*Josie and the Pussycats*)



**Alpa Chino**  
(*Tropic Thunder*)



**Josie and the Pussycats**  
(*Josie and the Pussycats*)



**The Wonders**  
(*That Thing You Do!*)



**Stillwater**  
(*Almost Famous*)

## Ready for Lollapalooza





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## THE BIG READ

## Vanishing act

A father's depression reaches across decades and family members in *Imagine Me Gone*, a deeply empathetic book from Pulitzer Prize nominee Adam Haslett

By RACHEL GIESE

Winston Churchill referred to his depression as a "black dog." Journalist Andrew Solomon called his memoir about the condition *The Noonday Demon*. And for John, the flailing, failing husband and father at the centre of Adam Haslett's new novel, *Imagine Me Gone*, the despair that settles around him like a thick fog is known as "the monster"—a beast that grips him so forcefully that he can feel its breath on his neck and its "scaled stomach rising and falling against [his] back."

Depression has chased John his entire life, impervious to regimes of electroshock therapy and counselling and the comforts of familial love. His wife, Margaret, and their children, Michael, Celia and Alec, circle him loyally but warily, always watchful of the undertow of his moods. Emotionally and physically, John is almost entirely absent, but his presence is heavily felt. The 50-year span of *Imagine Me Gone* is told in chapters narrated by each family member in turn, underscoring how precisely and singularly they are haunted by John's illness.

Haslett is the Pulitzer Prize-nominated author of the 2002 short story collection *You Are Not a Stranger Here* and the timely 2010 novel *Union Atlantic*, about the global economic crisis. In *Imagine Me Gone*, he describes the state of John's troubled mind with compassion and artistry. But even more moving is his characterization of Michael, the eccentric



**As a meditation on mental illness and its reverberations, the novel is generous and honest.**

eldest child who has inherited John's disease. Celia grows up and channels her caretaking impulse into a career in social work; tightly wound Alec becomes an even more tightly wound political journalist. But Michael remains adrift.

He has two passions: one for disco, house and electronic dance music, and the other for African-American history, particularly the traumatic legacy of slavery. As his depression and anxiety progress into adulthood, these interests border on obsessions, feeding his self-loathing guilt (over his whiteness and maleness) and his futile desire to escape from his punishing condition.

As a meditation on mental illness and its reverberations, the novel is generous and honest. Margaret, Celia and Alec both love and resent John and Michael for their vulnerability. Margaret seeks refuge in martyrdom, Celia in men who may not stick around and Alec, a gay man who is not entirely comfortable with his sexuality, in a rigidly controlled and semi-closeted existence. John and later Michael bear this love and resentment with difficulty, noses pressed up against the glass that separates their reality from people who don't require a fistful of Klonopin to live in "a world unfettered by dread."

But all that divides the family does not destroy it. Mental illness runs in their genes; empathy does too. Early in the novel, John says that "the monster you lie with is your own. The struggle is endlessly private." What he has missed, and what his disease makes invisible, is that in his struggle, his wife and children are always by his side. **C**

*Imagine Me Gone*, Adam Haslett, \$32.

## New on the shelves



• Carmen Aguirre tackles love, loss and junky acting roles in her new memoir, *Mexican Hooker #1* (\$30).

• Justin Cronin's vampire apocalypse trilogy ends with *The City of Mirrors* (\$37).

• Boo! It's Joyce Carol Oates' *The Doll-Master and Other Tales of Terror* (\$34).

• A heartsick but enterprising teenager turns to love potions in *Flannery* (\$19), the latest from Giller Prize finalist Lisa Moore.

• In *Mysterious Fragrance of the Yellow Mountains* (\$25), Yasuko Thanh conjures 1908 Saigon.

• Don DeLillo gazes deep into the future in *Zero K* (\$36).

• A horrible accident unites two North Dakota families in *LaRose* (\$35), the 15th novel from Louise Erdrich.



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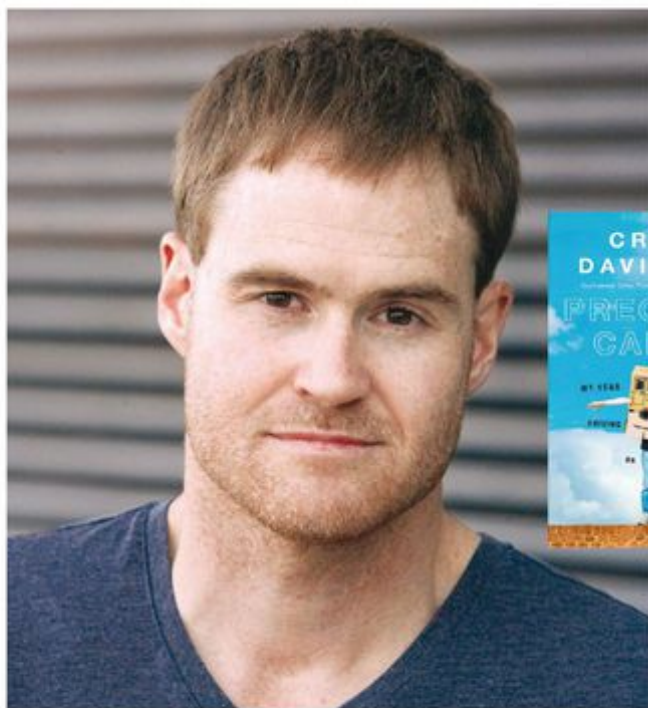
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ASK AN AUTHOR

# Craig Davidson

On adult cruelty, normalizing special needs and the value of friendships with expiry dates

By KATIE UNDERWOOD

Craig Davidson has populated his fictional universe with gritty characters in equally gritty professions. His gear-shifting first non-fiction effort, *Precious Cargo: My Year of Driving the Kids on School Bus 3077*, recounts his time spent shuttling around seven students with special needs.

**You were admittedly kind of lost at this time — your sophomore novel had been poorly received. How did you get the job on the bus?**  
I was living in Calgary and I took the job because I needed [the money]. There was a moment when I thought, "Am I even right to take this job? They could certainly find somebody else." I thought maybe I could just drive a big bus with

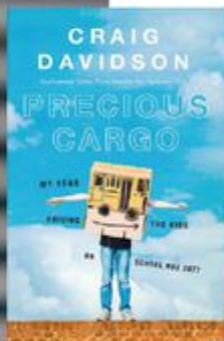
70-odd kids and have an impersonal role as "the bus driver." But it was an opportunity with weight. I didn't realize how profound it was going to be.  
**You've written about zombies, sex addicts and inmates. A book about a bus full of high-needs students is kind of a plot twist.** All of us have events that change us on a fundamental level. There's nothing I've done in

my 40 years that was as galvanizing—and emotionally draining at points. The stories of some of these kids are heartbreaking, but also heartening. I'm a writer, so you get a memoir. You embarrassed some students by intervening when they were being bullied. When is protectiveness problematic? You want to square the scales. A lot of the kids on my bus didn't care. They seemed to say,

"You think we are creatures in need of protection, but we're self-sufficient." Still, there's a meanness toward people with special needs. I was playing pickup basketball, and someone called somebody else a retard. Here we are, a bunch of 40-year-old fathers! That word is still, at some level, accepted.

**On your last day, the kids just...got off the bus. Was it really that unceremonious?**  
One of the great sadnesses in life is that stories don't always end the way we hope. An editor would say, "Hey, this isn't going to be emotionally satisfying for the reader!" But this is real. It's like summer camp—you make really deep friendships that burn fast. You go back to your regular life with your regular friends, but it doesn't make it any less powerful.

*Precious Cargo*, Craig Davidson, \$25.



## Before the Wind

Jim Lynch, \$25

### In brief

Old wounds and new secrets surface when three generations of a sailing-mad family reunite for a crucial race.

### Themes

Obsession; glory; competition; perseverance; comical online dating.

### What to serve

Fish and chips; plenty of water.

### Playlist pick

The Beach Boys' "Sloop John B."

### Opening question

"What did Ruby set in motion by throwing the race?"

### Bonus trivia

The novel is set in Washington State's Puget Sound, home to some of the world's largest sharks (14 feet!).

### Mood Meter



## 3's A TREND

THINGS THAT CAN HAUNT YOU



*The One That Got Away*, Leigh Himes, \$32.



*The Noise of Time*, Julian Barnes, \$25.



*Three-Martini Lunch*, Suzanne Rindell, \$35.



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Two specific formulas for men and women with an exclusive association of essential fatty acids, vitamins and minerals. For optimal efficiency, use the **Nutricap shampoo** which combines the nourishing benefits of wheat germ oil and vitamin E. Nourish your hair from both inside and outside, with **Nutricap** products and restore strength and radiance!



## ♂ Giving men a boost



When men reach their forties, they begin to experience the effects of decreasing testosterone levels leading to various symptoms: lack of energy, anxiety, decrease in sex drive, and frequent urge to urinate.

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Menopause is an important step in a woman's life and may include discomforts such as hot flashes, night sweats, nervous tension and sleep disorders.

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stretch mark  
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"Hi there, I have been struggling with my acne for many years now. Finally it has passed, but now I have severe acne scars. I saw an ad in a magazine about bio-oil and how a woman tried it on her face. I went to the drug store and got the small bio-oil and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! My acne scars are almost all gone now! I have honestly tried anything and everything to get rid of these acne scars and who knew this could be the cure. Thank you so much, I feel so much more confident than I have ever been before." Brenna Denexter

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit [bio-oil.com](http://bio-oil.com). Bio-Oil is available at drugstores and selected retailers. Individual results will vary.

\*The Medical Post & Pharmacy Practice + 2016 Survey on OTC Counselling & Recommendations





For a subtle sun-kissed glow, use a large, fluffy brush to dust a shimmering bronzer onto your shoulders. *Smashbox Fusion Soft Lights in Baked Stardust*, \$36.

# style

## The bold shoulder

Not since the '80s have designers paid so much attention to shoulders. Instead of football-field-worthy padding, this season's runways featured puffed sleeves that would make Anne Shirley swoon. In real life, pretty pleats or ruffles add interest to simple short-sleeved tees.

Top, \$95, necklace, \$55, [bananarepublic.ca](http://bananarepublic.ca).

HAIR & MAKEUP: TAMI EL SOMBATI. BRONZER PHOTO: ROBERTO CARUSO.



TRICK MOVE

# Lip service

Transform the shade of your favourite lipstick with one swipe of a Lip Flip Shade Transformer from Estée Edit, a clever new collection of dual-use products that make experimenting with makeup a snap. Apply the yellow stick over your lippy to lighten the shade, and the black one to deepen the hue.

Estée Edit Lip Flip Shade Transformers, \$26 each, [sephora.ca](http://sephora.ca).



# Saving face

Heatproof your makeup routine with products that defy humidity (and even a little sweat)



1. Clarins Fix' Make-Up, \$30. 2. L'Oréal Paris Collection Exclusive La Vie En Rose by Color Riche Lipstick in Blake, \$11. 3. M.A.C Pro Longwear Waterproof Colour Stick, \$26. 4. Make Up For Ever Aqua XL Eye Pencil, \$25. 5. Sephora Perfection Mist Blush, \$25.



# Carrying on

Start your vacation right after takeoff with these in-flight accoutrements



Give your face a quick refresher mid-flight. Jurlique Rosewater Balancing Mist, 30 mL, \$24.



This mask is a polite way to say "Do not disturb." Sleep mask, \$18, [indigo.ca](http://indigo.ca).



From a Canadian brand, this tote is roomy enough for all your necessities. Ela bag, \$495, [holtrenfrew.com](http://holtrenfrew.com).



A scarf functions as a pillow for long hauls and as a sarong when you're poolside. Scarf, \$45, [thebay.com](http://thebay.com).



This fedora can be smooched in your bag without losing its shape. Talula Adelina hat, \$30, [aritzia.com](http://aritzia.com).

spotted

# The mini scarf

Since a long-weekend jaunt to Paris probably isn't in the cards, try this for a more affordable dose of French-inspired style. Tie a square bandana or small silk scarf around your neck to accessorize a jean shirt or basic tee. You can almost smell the croissants.



## GLOSSARY

### LOC method

LOC = liquid, oil and cream. This is the ideal order of product application for curly hair. Start with getting your hair wet, then apply a hair oil (such as coconut or avocado) to seal in the moisture. Finish with a styling cream for definition and shape.



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TO  
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IT'S NOT JUST ABOUT SHAVING WITH ANY RAZOR.  
IT'S ABOUT PICKING UP THE RIGHT ONE. VENUS.



#CHOOSETOSMOOTH  
GILLETTEVENUS.CA



# DRESSED TO CHILL

There's nothing quite like a patterned dress to go from undressed to put-together in seconds. This season's best offer bold colours, brilliant details and easy silhouettes that look and feel great

*Photography* **CARLYLE ROUTH** *Style direction* **VANESSA TAYLOR**  
*Hair and makeup* **SHERI STROH**

SHOT ON LOCATION AT ANGELINE'S INN, PRINCE EDWARD COUNTY, ONTARIO





×

**PICNIC-  
PERFECT  
GINGHAM**

This checked number boasts a flattering wrap neckline, a belted waist and (woo-hoo!) roomy side pockets. The ankle-grazing length keeps the classic pattern from feeling too retro and works with everything from Birkenstocks for backyard shindigs to heels for more formal dos.

**Dress**, \$378, [jcrew.com](http://jcrew.com).  
**Shoes**, \$80,  
[express.com](http://express.com). **Earrings**,  
\$75, [jenny-bird.ca](http://jenny-bird.ca).  
**Watch**, \$110, [timex.ca](http://timex.ca).







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### FUSS-FREE FLORALS

For a no-fail dressing formula, look for fabric with a bold base shade and a tonal print, then add neutral accessories. The short sleeves and below-the-knee length ensure this dress transitions from cubicle to cocktails with zero effort.

Horses Atelier **dress**, \$485, [thebay.com](http://thebay.com). **Shoes**, \$150, [marshalls.ca](http://marshalls.ca). **Earrings**, \$55, [bananarepublic.ca](http://bananarepublic.ca). **Bag**, \$164, [jcrew.com](http://jcrew.com).



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**MINI  
(BUT MIGHTY)  
DOTS**

If you like your frocks with bows, ruffles or other embellishments, opt for a simple graphic print to keep the look modern. A busy floral could look too sweet, but a small-scale print like stripes or dots adds whimsy without overpowering.

*Dress, \$70, [hm.com](http://hm.com).  
Sunglasses, \$250,  
[gildeyewear.com](http://gildeyewear.com).  
Bracelet, \$45,  
[bananarepublic.ca](http://bananarepublic.ca).*

WELCOME TO THE VILLAGE OF





×  
**PAINTERLY  
POSIES**

While a floor-grazing length can feel like a lot of fabric, maxi dresses are undeniably comfortable and ridiculously easy to throw on. Avoid any tent-like descriptors by opting for a bright print that keeps the eye moving and creates a long silhouette. Another tip: Add a belt to define the waist.

*Dress, \$180, winners.ca.  
Earrings, \$105,  
shopluckystar.com.  
Belt, \$45, loft.com.*





×

### CHEEKY CHECKS

Plaid needn't feel preppy. Mix it up by wearing the pattern in an unexpected silhouette like this off-the-shoulder shift dress, which doubles as a tunic when paired with slim cropped trousers.

**Dress**, \$251, [jcrew.com](http://jcrew.com). **Rauw Jewelry bracelet**, \$112, [shop.vancityvogue.com](http://shop.vancityvogue.com). **Bag**, \$205, [bananarepublic.ca](http://bananarepublic.ca).



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#### A HINT OF PRINT

If an all-over floral isn't for you, look for embellishments that add a touch of pattern to a solid-coloured dress. Here, the 3-D detailing along the neckline and waist strategically draws the eye upward. The best part? This is actually a romper, not a dress. **Romper**, \$148, [frenchconnection.com](http://frenchconnection.com). **Shoes**, \$90, [winners.ca](http://winners.ca). **Earrings**, \$65, [jenny-bird.ca](http://jenny-bird.ca).





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Get ready for our most intense PRO-V  
Formula ever. Because stronger is even  
more beautiful.

**STRONG IS BEAUTIFUL™**



×  
**BOHEMIAN  
BUDS**

This laid-back, airy dress boasts a vintage floral print and lace edging that subtly nods to the countryside. Go with neutral-hued accessories in eye-catching shapes like this chic bucket bag and cat-eye sunnies.

Ulla Johnson **dress**, \$435, [holtrenfrew.com](http://holtrenfrew.com).  
**Sunglasses**, \$250, [gildeyewear.com](http://gildeyewear.com).  
**Bag**, \$200, [eleventhirtyshop.com](http://eleventhirtyshop.com).





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**ciot**

1950

## EVERLASTING TRENDS

MARBLE STONE GRANITE ONYX CERAMIC QUARTZ MOSAIC

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*"Don't forget the music. Small, portable speakers that connect to your phone make it so easy."*

—Emma Reddington, Home Director

# home

## String along

These aren't your mother's patio lanterns. Give your outdoor space an extra glow by looping aluminum stars and whimsical pineapples along your backyard fence. Or hang them on tree branches to create a magical canopy of light.

1. From \$20, [homesense.ca](#). 2. From \$20, [homesense.ca](#). 3. \$35, [canadiantire.ca](#). 4. \$50, [canadiantire.ca](#). 5. \$30, [lowes.ca](#). 6. \$25, [homedepot.ca](#).

These LED bulbs are  
battery powered—  
no plugs needed!





## Shed games

Keep your garden shed organized with items like self-coiling hoses, carryalls to stash your tools and bins to store your soil, compost and mulch



Boots, \$180,  
hunterboots.ca.



Bin, \$20, ikea.ca.



Hose, \$102,  
williams-sonoma.com.



Carryall, \$86,  
kaufmann-mercantile.com.



### NEW & HOMEWORTHY

#### Green living

Ikea's new Användbar collection makes creating a sustainable lifestyle easy and, dare we say, enjoyable. From hanging planters and self-watering clay pots to a stylish two-tier bean sprouter, the products in this line help you take small steps toward creating a more eco-friendly homestead. Natural materials like porcelain, terracotta, wood and cotton are a bonus.

Topiary: The art of pruning shrubs—like boxwood and privet—into decorative shapes (like cones and animals).



#### ASK THE EXPERT

### What's wrong with my plants?

Advice from **Sarah Nixon**, urban gardener at My Luscious Backyard in Toronto



#### UNDERWATERING

**The signs:** Lower leaves that are yellow and dry, slow growth and poor flowering or fruiting.

**How to fix it:** Watering thoroughly and less often is better than lightly and frequently. Use a wand instead of a sprinkler to adequately water each plant.



#### JAPANESE BEETLES

**The sign:** Metallic green bugs munching on leaves, buds and flowers.

**How to fix it:** Regularly hand-pick beetles off plants and drop them in a bucket of soapy water. Introduce roundworms to the surrounding soil—they'll happily eat the beetle larvae.



#### POWDERY MILDEW

**The sign:** White spots on the tops and bottoms of leaves and stems.

**How to fix it:** Prevention is best. Mix 5 mL baking soda and 10 mL horticultural oil per litre of water. Spray plants every week or two before mildew season (mid to late summer).



Modern shading

Concrete surface

Graceful curves

The 2016 Patio Collection  
Mix and match to create your own perfect backyard  
with our versatile range of furniture and accessories.

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For more ideas and inspiration, visit [canadiantire.ca/canvas](http://canadiantire.ca/canvas)





SPRING GARDEN GUIDE

# Bloom time

*Hydrangea*  
*'Annabelle'*

The most glorious flowers are those you grow in your own backyard. With the help of Victoria-based creative director and amateur gardener Tara Hurst, we show you how

*Peony 'Monsieur Jules Elie'*





Peony  
'Elsa Sass'

Kordes Rose 'Romantic  
Antike Freelande'

By  
**SARAH BOESVELD**

Photos by  
**KELLY BROWN**

guest  
gardener  
**TARA  
HURST**



**AS A KID**, Tara Hurst watched her grandfather pick vegetables from his Toronto garden and stood nearby as her nana cut gorgeous bouquets to take inside. But for much of Hurst's adult life, the clematis that crept up the fire escape outside her apartment window was as close as she'd come to having a garden of her own. Because of her lack of acreage, the creative director gathered blooms at local farmers' markets, then carried them home to arrange to her liking.

Now living in a century-old character home in Victoria, she's part of a growing cohort of backyard flower farmers who see the same merits in homegrown blossoms that foodies see in farm-to-fork eating: a sense of community, a reduced eco-footprint and the rewards that come from hard work. And she's bringing more than 5,400 Instagram followers along for the ride.

"It's really a gratifying hobby," Hurst says. Being elbow-deep in dirt is, for her, synonymous with tradition.

Today, Hurst cultivates her own artistic, hyper-local garden—one that would surely make her grandparents proud. For the past two years, she's torn up the 800-square-foot plot in front of her home to plant peonies, roses, lilacs, climbing hydrangeas, clematis and wisteria, all in shades of white, pink and purple.

For Hurst, gardening doubles as an artistic outlet and a satisfying refuge from a life lived increasingly online. She'll often leave her phone indoors and dig in the dirt for hours on a sunny Saturday, she says, knowing the labour-intensive weeding and soil maintenance will eventually pay off in petals.

"It's like when you grow your own vegetables," she says. "They taste better than anything you could ever buy." 🌸



## *Plant your greens*

Blooms may get all the glory, but it's the greenery that often gives an arrangement a wild, whimsical look.

**Try planting:** Herbs like lavender, rosemary and sage; shade-loving plants like hostas and ferns; and vines like clematis, grape and honeysuckle.

Rosemary

Sage

Lavender







#### CHOOSE YOUR BLOOMS

**Annuals:** Grow these flowers yearly. Keep notes about what works and what doesn't. Experiment with cosmos, snapdragons, some varieties of poppy, nasturtiums, marigolds, geraniums and begonias.

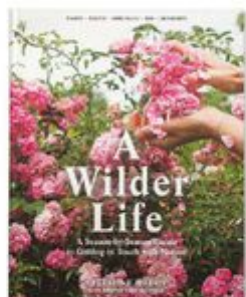
**Perennials:** Invest in these plants to provide you with flowers for years to come. Try roses, peonies, foxgloves, dahlias, purple coneflower, some varieties of poppies, sedums, day lilies, irises, lupines, hydrangeas and Japanese anemones.





## Fresh picks

Get growing with the help of Tara's top gardening reads



*A Wilder Life*, \$45, oldfaithfulshop.com.



*The Flower Recipe Book*, \$38, indigo.ca.



*Encyclopedia of Flowers: Flower Works*, \$85, indigo.ca.



*Bringing Nature Home: Floral Arrangements Inspired by Nature*, \$50, amazon.ca.



Trug, \$127, goop.com.

A cult favourite among gardeners

bamboo

Atlas gardening gloves, \$33, wayfair.ca.

Pruners, \$57, kaufmann-mercantile.com.

Straw hat, \$18, redhillgeneralstore.com.

## Essential garden gear

Try these tools to achieve a better bouquet



Pitcher, \$45, wayfair.ca.



Watering can, \$107, williams-sonoma.com.



Tool bag, \$196, kaufmann-mercantile.com.



Garden trowel, \$19, leevalley.com.



Hand pruners, \$90, amazon.ca.



Tubtrug, \$21, amazon.ca.





*Hellebores produce flowers three years after sowing*

#### HERBS

Rosemary, sage and fennel join pink-speckled hellebores in this light and ethereal herb bouquet.



#### BIG BLOOMS

Romantic and robust white and pink peonies are set against full Romantic Antike Freeland roses in this lush arrangement.

## HOW TO *Mix and mingle*

Four pretty arrangements that are easy to grow and gather



#### MONOCHROMATIC

Chartreuse viburnum is paired with roses, parrot tulips and white ranunculus.



#### ANYTHING GOES

This asymmetrical arrangement has a bit of everything—peonies, mythos roses, double tulips, rosemary, flowering skimmia and Estelle solidago.

*Plant peonies in the fall in a full-sun spot*





## Making arrangements

A cheat sheet for photo-worthy bouquets

**1/** Cut blooms in the morning (when it is cool) and immediately place them in water.

**2/** Find a vase that showcases your chosen stems. Play around with different shapes and sizes.

**3/** Stick to a palette of similar colours for a cohesive look.

**4/** Measure the length of your blooms with the outside of the vase and

cut a second time on a 45-degree angle so flowers can easily absorb water.

**5/** Criss-cross cellophane tape over the mouth of your vase to create a supportive framework for stems.

**6/** Mix large, showy blooms cut at different heights with small, delicate flowers. Foliage should soften the arrangement and be draped around the bottom of the vase or float

above. Asymmetry is key to achieving a wild, loose-looking arrangement.

**7/** Stand back and look at your arrangement from all angles. Play around with it until you get something you like.

**8/** Change the water every day (or so) to preserve freshness.

**9/** Keep flowers out of direct sunlight for longer-lasting blooms.



TO MARKET, TO MARKET

### *The best places to buy flowers from coast to coast*

#### **RED DAMSEL FARM** *British Columbia*

Visit owner Clare Day's 12-acre organic produce and flower farm on Vancouver Island for quality bouquets and workshops. Day also hosts Garden to Vase, an online course focused on cultivating cut flowers. [claredayflowers.ca](http://claredayflowers.ca).

#### **TORONTO FLOWER MARKET** *Ontario*

Flower vendors from across Ontario gather monthly from May to October on grass-filled grounds in downtown Hogtown to promote local blooms over imports. [torontoflowermarket.ca](http://torontoflowermarket.ca).

#### **ATELIER CARMEL** *Quebec*

This unique Montreal floral studio owned by Carmel Sabourin Goldstein is stocked with local and imported blooms, which Carmel and farmer-florist Jill Krienke arrange in stunning bouquets. They grow some of their flowers in the Laurentian Mountains. [ateliercarmel.ca](http://ateliercarmel.ca).

#### **HUMBLE BURDOCK FARMS** *Nova Scotia*

Amanda Muis Brown, a third-generation farmer, started this Halifax-based floral-design business with cut flowers from her mother's garden. Now she offers arrangements for weddings and just because. [thehumbleburdock.com](http://thehumbleburdock.com).







# Top of the class

This year, Chatelaine partnered with Product of the Year Canada to identify the best new goods on the market. We congratulate all the 2016 winners

Here's a shortcut to saving time and money: Look for the Product of the Year seal, which is your cue to purchase with confidence. Each year, Product of the Year Canada accepts new entries from the makers of newly launched products that exhibit first-rate quality and innovation in function, packaging or design. A jury of industry experts selects the finalists, which are then evaluated by 7,000 Canadian consumers. This year, 36 items were awarded the coveted Product of the Year seal. Here are eight of these exceptional products; for the full list of winners, visit [productoftheyear.ca](http://productoftheyear.ca).

## 1. COOKING & BAKING ACCESSORIES CATEGORY

### KitchenAid Tri-Ply Copper 10-Piece Cookware Set, from Whirlpool Canada

In a marriage of refinement and professional quality, KitchenAid has crafted culinary equipment excellence. Combining copper's quick conductivity, aluminum's heat efficiency and stainless steel's durability, this premium cookware promises fast and even heating. With induction capability, etched measurement markings and a high heat tolerance, these pots and pans will quickly become an everyday staple. \$1,300, [kitchenaid.ca](http://kitchenaid.ca).

## 2. HAIRCARE CATEGORY

### TRESemmé Beauty-Full Volume System, from Unilever Canada

If your hair feels weighed down by your conditioner, have no fear: This new system from TRESemmé means you condition first—no, really! Start with the ultra-moisturizing conditioner to soften hair, then use the shampoo to wash away any residue. The result is hair that looks and feels light and voluminous. \$9 each, [tressemmé.ca](http://tressemmé.ca).

## 3. HOUSEHOLD PRODUCTS CATEGORY

### Vim Cream Eucalyptus Scent, from Unilever Canada

Removing tough stains from surfaces around your home is no simple feat, but this cream cleaner uses micro-particles and degreasing agents to make chores easier. Use it on ceramic, enamel, plastic and stainless steel surfaces (the refreshing eucalyptus scent is a nice bonus). \$3, [vim.ca](http://vim.ca).

## 4. BEVERAGES CATEGORY

### Sparkling Gourmet Flavour Mix, from SodaStream

Give your tap water the Michelin-star treatment without the hefty price tag. SodaStream joined forces with chef Paul Liebrandt, recipient of two Michelin stars, to create three unique flavour mixes: blackcurrant lime, green apple cucumber and lime basil. At only 45 calories per serving, it's a guilt-free luxury you can enjoy at home. \$8, [sodastream.ca](http://sodastream.ca).

## 5. ICE CREAM/ GELATO CATEGORY

### Breyers Gelato Indulgences, from Unilever Canada

Finding an authentic-tasting gelato no longer requires a trip to Italy. Inspired by

Italian flavours, each tub is garnished with a delicious sauce and gourmet topping. Choose from vanilla caramel, fudge truffle, mint chip and chocolate hazelnut. \$7, [breyers.ca](http://breyers.ca).

## 6. COFFEE MAKERS CATEGORY

### KitchenAid Siphon Coffee Brewer, from Whirlpool Canada

Vacuum coffee makers may look like a chemistry set, but this automated brewer does all the work for you. The bottom carafe works as a kettle while the top holds your grounds. The precise temperature and vacuum technology make it simple to enjoy the magic of siphon-style coffee with its rich aroma and clean taste.

**You could win!**  
Enter for your chance to win a \$2,000 prize pack. Visit [chatelaine.com/poycontest](http://chatelaine.com/poycontest) for details and to enter.







Each brew gives you up to eight cups of craft coffee. \$300, [kitchenaid.ca](http://kitchenaid.ca).

#### 7. BROW CARE CATEGORY

**Rimmel London Brow This Way Eyebrow Gel, from Coty Canada**

Banish unruly brows with a single product that defines, fills and fixes with an all-day lasting effect. The lightweight, tinted gel

formula works wonders to style your brows into the perfect shape. Use over powder or pencil, or alone for a more natural look. \$9, [rimmellondon.com](http://rimmellondon.com).

#### 8. WINE CATEGORY

**The Entertainer Red Blend by Wolf Blass, from Treasury Wine Estates**  
A fine red wine is meant to be extravagant whether

with a meal or on its own. This alluring wine pays tribute to the fun-filled spirit of winemaker Wolf Blass. With hints of cherry, plum and raspberry, the fruity Australian blend of shiraz and grenache grapes is sure to charm guests. A glass of this vino is the perfect pairing for whatever your night brings. \$16, [theentertainerwine.com](http://theentertainerwine.com).





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- DESIGNED FOR A LOWER CARB ABSORPTION
- LOWER CALORIES\*
- NO SUGAR OR SWEETENER ADDED

\* In comparison with a regular juice.

For more details, visit [oasis.ca](http://oasis.ca).





# health

▼  
JUNE 20  
is the summer  
solstice

## Soak up the sun

There's no better time than the summer solstice, the longest sunlit day of the year, to take in some rays and, with them, some complimentary vitamin D. Just 15 minutes of sunshine on a clear day can help you produce up to 10,000 international units—and that could last you a while. Your body doesn't use the vitamin every day, so it gets stockpiled in fat tissues. Experts say its half-life is up to 10 weeks, which means by the end of August, half of the vitamin D you produced on a day in June will still be in your body. The vitamin helps us absorb more calcium and phosphorus for strong bones and teeth, and it strengthens the immune system. For more on vitamin D, turn to page 54.



VITAMIN D GUIDE

# The golden hours

Not all sunlight is created equal: The skin produces vitamin D only under ultraviolet B rays. Here's how to (responsibly) absorb the right amount



Osteoblast: A large, specialized cell that is equipped with vitamin D receptors and is responsible for bone formation.



## D-licious options

Cloudy day? Get your daily dose of vitamin D in your breakfast or dinner instead



**Dairy products**  
Look for milk (cow's and soy) or yogurt that's been fortified with vitamin D.



**Egg yolks**  
That egg white omelette won't cut it! Two egg yolks provide up to 88 IU of vitamin D.



**Fatty fish**  
Salmon, trout and tuna are all good choices. A 75-g portion of sockeye salmon contains up to 699 IU.

**600**

INTERNATIONAL UNITS (IU) OF VITAMIN D ADULTS AGED 19 TO 50 SHOULD AIM FOR DAILY. (IT'S 800 IU FOR THOSE OVER 50.)

### BURNING QUESTION

#### Q: Who needs vitamin D supplements?

**A:** Anyone who has tested positive for a deficiency. Approximately 32 percent of Canadians have levels that fall below 20 nanograms per millilitre (the amount that's considered enough for healthy bones). Those at risk include people over 50 (the body's ability to produce vitamin D declines with age), people with osteoporosis and melanoma, and those who can't absorb it due to liver or bowel disease.



# OASIS, MORE THAN JUST A JUICE!

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BREAK CARBSMART

ALL-IN-ONE  
GOODNESS

## WHAT IS CARBSMART?

Oasis CarbSmart is a fruit juice beverage that contains fewer calories, less sugar and is enriched with fibre and B vitamins.

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MORE GOOD CARBS  
MORE FIBRE  
B VITAMINS  
VITAMIN C

### LESS -

FEWER CALORIES\*  
NO ADDED SUGAR  
OR SWEETENER  
LOWER CARB  
ABSORPTION\*

\*In comparison with  
regular juice



40%

**LESS CALORIES**  
than the leading regular juices, with no compromise on taste!

**SUNSHINE BLEND**  
MANGO, BANANA, ORANGE,  
TANGERINE, LEMON  
LIQUID SUNSHINE! MAKE  
YOUR NEXT HEALTH BREAK  
LIKE TAKING A VACATION!

**B<sub>1</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>**

An excellent source of B vitamins. Vitamins B<sub>3</sub>, B<sub>5</sub> and B<sub>6</sub> play a role in energy metabolism.

4g **OF FIBRE**

An excellent source of fibre with 4 grams in every 250 mL glass, 16% of the recommended daily amount!

FIND IT AT **OASIS.CA**.





DR. DANIELLE MARTIN

**Q:** Researchers in the U.S. have recommended women be screened for depression during pregnancy. How common is prenatal depression? How should it be treated?

We talk a lot about postpartum depression, but U.S. studies have shown that prenatal depression is also quite prevalent, affecting one in 10 women—and not just those with a history of mental health issues. Women grappling with this condition are more likely to smoke and have poor eating habits, and their babies are more likely to have a low birth weight. Also, women who aren't treated adequately for depression during pregnancy are at high risk for postpartum depression.

Canadian health care providers are increasingly embracing the idea of screening for depression during pregnancy, but it won't help unless we can also offer a pathway to treatment, and appropriate treatment depends on the severity of the symptoms. Generally speaking, women suffering from mild depression can be helped by support groups and what we call "guided self-help," such as books and online support. Women with more moderate symptoms should be offered access to a psychotherapist (and in these cases, the best outcomes have been found with cognitive behavioural therapy). For someone suffering from moderate to severe depression, antidepressant medication should also be considered.

There are plenty of barriers to these treatments



— the stigma of mental illness, for instance, or the prohibitive cost of psychotherapy. Among my patients, I have seen significant self-judgment around using medications of any kind during pregnancy, and that is especially true when it comes to mental health. But the consensus in the medical community is that it is critically important to treat the illness, because the impact of untreated depression can be severe, for both the woman and the baby.

Pregnancy can be a wonderful experience for lots of women, but it can also drain your energy, mess with your sleep and change

the way you feel physically and emotionally. Some of those changes are par for the course. But if your ability to function is being impacted by the way you're feeling, then something more may be going on. If low mood is making it hard to work, to parent your other kids or to enjoy the things that usually give you pleasure, and if the quality of your social interactions is suffering, raise it with your health care provider. *With files from Dr. Simone Vigod and the Reproductive Life Stages Program at Women's College Hospital.*

**Danielle Martin** is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.



**COULD YOUR BIRTH SEASON MAKE YOU GENETICALLY PRONE TO ALLERGIES?**

**The research**

In a study published in the European journal *Allergy*, British researchers scanned DNA samples from 367 people born on the Isle of Wight. They followed up when participants turned 18, and found links between the season a person was born, their allergies and epigenetic marks on their DNA.

**The caveat**

Saying there's a definitive link between allergies, birth season and DNA is oversimplifying things, says Christine McCusker, head of the allergy and immunology division at Montreal Children's Hospital. It's true that people born in some seasons can be more prone to allergies, but it's mainly due to environmental exposure. "There's a significant adjustment process in going from climate-controlled amniotic fluid to an autumn or winter environment, more than to a nice spring or summer environment."

**The take-away**

Yes, what your immune system experiences early in life can affect allergies later on, but the cause may simply be environmental, not genetic. In any case, it's an increased risk, not a guarantee. —Diana Duong



# Life's about balance

Between juggling work deadlines and family commitments, you've got a lot going on. Forget the dog's bath? Does the babysitter still need to be paid from your last date night? True - keeping it all in check can be tricky. But even small decisions, like what to pick up for lunch between meetings, can have a big impact on a healthy, balanced lifestyle.

## Fitness

You don't have to sign up for an expensive yoga membership or endure grueling spin classes to get fit. Some of the best workouts are free and easy. Just lace up your sneakers and go for a walk, stretch at your desk to relieve tension throughout the day, or try some deep-breathing exercises.



Stretching is a great way to keep tight muscles limber. Do a few gentle stretches first thing in the morning to start the day off right.

Meditation is good for your mind and body, and it's easier than you think. Download a meditation app and find a quiet place.



## Lifestyle

If you're feeling over-scheduled, you're not alone. Instead of waiting for a free day - or even just an afternoon - to rest and recharge, pencil it in. Book time in your calendar, like three hours on a Sunday afternoon, to relax, exercise or get organized.

**Tip** You may have heard the expression "let a smile be your umbrella". If you're feeling down, forcing a smile can actually boost your mood until it lifts for real. Just give it a try!

The new, freshly prepared Garden Salad from **Tim Hortons** fits into your busy schedule, and with two full servings of vegetables, is an option you can feel good about.

## Nutrition

We all know the importance of eating enough vegetables, but sneaking in more greens can be a challenge when you're eating on the run. If you're in a time crunch for lunch or dinner, the salads and soups from **Tim Hortons** are a delicious way to tackle that challenge. Add a Greek Yogurt Parfait for a tasty and wholesome snack!

A bowl of **Tim Hortons** Harvest Vegetable Soup contains a full serving of vegetables towards the recommended seven or eight servings daily.



The Greek Yogurt Parfait from **Tim Hortons** is a good source of calcium - 35% of your daily value needed per serving!

**Tip** Add grilled seasoned chicken to your **Tim Hortons** salad for a filling and well-balanced option.







SEX

## Hot button

A new website called OMGYES gives its users explicit details on how to pleasure a woman. But something gets lost in translation when we outsource our orgasms to the web

By KATIE UNDERWOOD

For a body part that is widely considered ground zero for the female orgasm, the small but mighty clitoris has been woefully ignored. For starters, it is largely concealed, turning any attempt at contact into a frustrating, twisted kind of Easter egg hunt. Scientific research has similarly obscured the clitoris: In 1948, it was unceremoniously written out of *Gray's Anatomy*, then the world's foremost anthology of human anatomy, due to its insignificance. It wasn't until 1953 that sex researcher Alfred Kinsey deemed it the "centre of female pleasure," and only in 1983 did Australian

urologist Helen O'Connell provide the first comprehensive view of the clitoral landscape via MRI. Add to that the reality that orgasm eludes up to 40 percent of women during intercourse, and it's obvious why plain-language conversations about female pleasure aren't exactly mainstream.

So when a website called OMGYES, billed as "a modern, hands-on exploration of women's sexual pleasure," launched late last year, many women, including nouveau feminist icon Emma Watson, were exuberant. For \$29, subscribers (currently an even split between men and women) can observe ordinary women—not porn actresses—explaining their pleasure preferences on video and demonstrating them on their own bodies. Users then have the opportunity to learn by (ahem) doing, which means using a cursor to masturbate a lifelike onscreen vagina. Developed with the help of researchers from Indiana University's Kinsey Institute, the software—and the audible moans of your "test partner"—lets you know when you're hitting the spot.

It's not the only new player in the sex-tech space: A company called Lioness is beta-testing a "smart" sex toy-and-app duo that responds to your body; there's also HappyPlayTime, an online game aimed at demystifying female masturbation with the help of a creepily enthusiastic cartoon clitoris.

As Facebook and texting have shown us, though, new media can be more alienating than engaging, and the risk is especially evident when the subject is sex. It might be discouraging to think about young adults, bereft of frank, empathetic discussions, looking to internet porn for a crash course on how to please a partner—but are iPhones and tablets really the appropriate tools to dig us out of this communication dead zone?

"Women are not always encouraged to explore their own pleasure and desire—that's part of why there's an orgasm gap," says Lydia Daniller, who co-created OMGYES with friend Rob Perkins, explaining what motivated them to build the site. "There's a lot of trial [involved] in learning what you like."

They started by partnering with the Kinsey Institute to probe the sexual experiences of more than 2,000 women aged 18 to 95. Out of those discussions, 12 major climax-inducing concepts emerged—some as masturbatory techniques (like "edging" and "orbiting") and some as psychological mood setters (Hint: Don't ask, "Are you close?"). The advantage of OMGYES over other web-based "teaching tools" is that it simply gives its users the specific language to express what turns them on and, more important, request it. However, even when tricked out with fancy visual aids, sex tech will never fully render the fumbled, vulnerable exchanges between lovers obsolete. It's not "a game or a substitute," as Perkins explains. But it offers, as Daniller says, "a spark." **C**

“  
Women are not always encouraged to explore their own pleasure—that's part of why there's an orgasm gap.



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# Gimme Some Sugar

A look at our  
lives on the  
sweet stuff

It takes myriad forms and is the magical ingredient hidden in the majority of processed foods. Science is increasingly revealing the negative effects it can have on the body and on the brain. Is it really as addictive as cocaine? What's the difference between brown and white, or raw and refined? And what fresh hell awaits those who dare go without?

PHOTOGRAPHS BY **ERIK PUTZ** | ILLUSTRATIONS BY **OHARA HALE**





# Sugar had it good for a while. While butter and saturated fat were being vilified in the 1980s and '90s, cereals like Count Chocula rattled into breakfast bowls, and soft drink vending machines beckoned from school hallways. By the mid-2000s, health experts were wringing their hands over salt.

Its insidious presence in so many prepared foods (bread, canned sauces, you name it) made it public health enemy number 1. Even then, the other white stuff stayed largely under the radar.

Now, added sugar (the kind added to food when it is processed or prepared) is officially on trial, implicated in all manner of health concerns, including increased risk of cancer, heart attack, stroke and diabetes. In his 2009 YouTube lecture that went viral, California endocrinologist Robert Lustig called fructose out as the "poison" responsible for rising rates of disease and obesity. New York City mayor Michael Bloomberg sprang into action, supporting a soda ban that would eventually limit the size of sugary drinks sold in the Big Apple (one can of Coca-Cola boasts 40 grams, or 10 teaspoons, of sugar). High-profile documentaries like Katie Couric's *Fed Up* (2014) and Australia's *That Sugar Film* (2015) linked a diet rife with hidden sugars to the expanding waistlines of the Western world. And the story continues to gain momentum, with headlines declaring us a nation of addicts, even positing that sugar is more addictive than cocaine. Last fall, Canada's health minister, Jane Philpott, was given a mandate to improve nutrition labels so Canadians can know more about the added sugars lurking in processed foods.

While it's clear a diet laden with sugar is bad for you, some experts do take issue with the widely accepted notion that refined sugar is as addictive as alcohol or drugs, and with the tendency to

single it out as the only ingredient wreaking havoc on our health. We asked them to parse the research around these notions to see whether the case against sugar is as strong as it looks.

## A nation of addicts?

Addiction is defined by the American Society of Addictive Medicine as "a primary, chronic disease of brain reward, motivation, memory and related circuitry." Drugs like cocaine light up the part of the brain that craves reward and motivates addicts to seek out more. According to a growing body of research, sugar does that too.

"Sugar causes the release of dopamine in the brain...much like cocaine would," says Dr. Pamela Kent of the Royal Ottawa Mental Health Centre, who is researching the effect of junk food on mental health.

Substance addiction can form when two or three symptoms from a list of 11 in the *Diagnostic and Statistical Manual of Mental Disorders* are present. Animal studies have shown that sugar has three effects "consistent with substance abuse and dependence: cravings, tolerance and withdrawal," American medical researchers James DiNicolantonio and Sean C. Lucan wrote in a 2014 *New York Times* op-ed. Sugar also has been shown to exhibit other drug-like properties, including opioid effects (a morphine-like effect) and other neurochemical changes in the brain,

they contend. When Princeton researchers fed mice huge amounts of sugar and then stopped, the mice worked much harder to get the sugar when it was reintroduced. The mice also drank increased amounts of alcohol after their sugar supply was cut off, which suggests a developed dependency. One study even found that rats chose sugar water over cocaine, finding the reward to be more pleasurable. And an Australian study published in April found that rats that consumed excessive amounts of sugar over a long period saw their overall dopamine levels drop—meaning they needed to eat more sugar to get the same reward.

All this evidence points to sugar being addictive, but it's not enough to be conclusive. The strongest studies have all been done on rats and mice—and the results of studies done on rodents may not be the same for humans. So far, the research conducted on humans has

struggled to isolate sugar itself, instead highlighting noted dependencies on "junk food," which is often a combination of salt, sugar and fat. Calling sugar addictive without evidence from human studies is an attempt to find a simple answer to a complex problem, says Dr.

Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

Still, there's a deep-rooted reason why sugar addiction in humans remains a possibility. "The systems of the brain involved in addiction are there to make us respond to sugar in the first place, not to make us respond to drugs," says University of Guelph neuroscientist Francesco Leri. Before refined sugar found its way into our diet, sweet things in nature were generally not poisonous (as opposed to bitter-tasting ones) and so were considered "safe" to eat, Leri says. In other words, our brains were programmed a long time ago to feel rewarded by sweet foods.





### Is it acting alone?

If sugar is eventually proven to be addictive in humans, not everyone would be at risk of becoming dependent—just as not everyone who consumes alcohol becomes an alcoholic. Stress levels, genetics and environment all contribute to higher risks of dependency, along with a person's chemical makeup.

And just as there are multiple factors that determine risk of addiction, some experts argue that sugar in and of itself can't be blamed for obesity and weight gain. Excess is the real culprit, says Dr. Valerie Taylor, psychiatrist-in-chief at Toronto's Women's College Hospital and chief of general and health systems at the Centre for Addiction and Mental Health. "We've created a society of overconsumption," she says. "One piece of cheesecake is okay—a cheesecake is a problem." And while there are certainly people who have more trouble than others controlling cravings, it's hard to pinpoint sugar itself as the culprit.

"[Sugar] is part of the holy trinity of hyper-palatability, which is salt, sugar and fat," Freedhoff says. The combination, perfected by the food industry, lights up the pleasure centres of the brain and changes our neural circuitry, former U.S. Food and Drug Administration head David A. Kessler writes in *The End of Overeating*. It's the key to "bet you can't eat just one." So while sugar is no doubt a problem, at this stage, it can't be singled out as the biggest evil of the three.

As researchers continue to investigate the various ways refined sugar affects our health, it's unanimously accepted that we should all be cutting back. Health Canada is trying to steer Canadians toward healthier choices by overhauling nutritional labels. The new rules will call ingredients like fructose and sucrose what they are—sugar—and include a daily recommended intake. Considering that, according to Statistics Canada data, the average Canadian consumes 26 teaspoons of sugar a day, compared with the six teaspoons of added sugar recommended by the World Health Organization, we can use all the help we can get. —SARAH BOESVELD

#### SACCHARIN

One of the first artificial sweeteners, but approved as an additive by Health Canada only in 2014.

#### COCONUT PALM SUGAR

Made from sap from the coconut tree. It has a lower glycemic index than sugar but the same number of calories.

#### AGAVE NECTAR

Derived from the plant that also produces tequila. It contains nearly 90 percent fructose.

#### ASPARTAME

Often rumoured to be poisonous and carcinogenic, but studies have found it safe, except for people with a rare genetic disease.



## Sugar, by many other names

By DIANA DUONG

#### SUCRALOSE

An artificial sweetener 600 times sweeter than sugar. Has no calories.

#### CORN SYRUP

Made from cornstarch. It's essentially 100 percent glucose.

#### DATE SUGAR

Made from ground dried dates. It doesn't dissolve or melt.

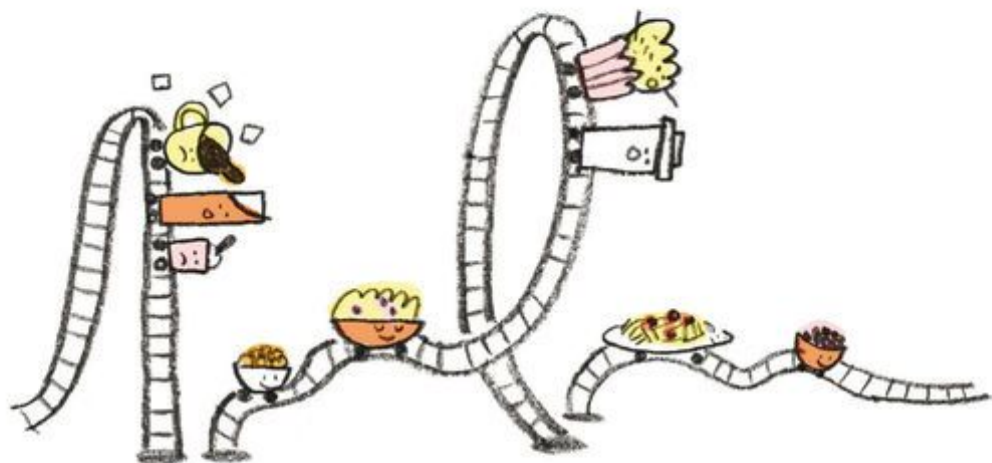
#### HONEY

Essentially a sugar solution. It has more calories than table sugar.

#### XYLITOL

A sugar alcohol with one-third fewer calories than sugar. It's often found in breath mints and gum.





## This is your day on sugar

Associate editor Dominique Lamberton kept a food diary for one day and gave it to Vancouver-based dietitian Desiree Nielsen to analyze. Here's how 33 grams of added sugar snuck into her meals and affected her mood

### BREAKFAST

Coffee with milk and sugar. Small glass of orange juice. Vanilla yogurt with banana slices and store-bought granola. ▶ Estimated intake = 13 tsp added sugar.

**THE ASSESSMENT** "This breakfast offers a lot of quick sugars without a lot of fibre, protein or healthy fats to mitigate blood sugar rise. You'll have a quick spike, followed by a really rapid drop. Even though you consumed quite a bit of energy, you're going to feel hungry pretty quickly."

**MAKE IT BETTER** Nix the juice, says Nielsen, and have a piece of fruit instead. Swap the vanilla yogurt for the plain Greek variety (more protein, less sugar) and choose a high-fibre cereal or low-sugar muesli instead of the granola.

### MORNING SNACK

¼ cup of whole raw almonds. ▶ Estimated intake = 0 added sugar.

**THE ASSESSMENT** "Almonds have almost no sugar and provide 4.5 g of fibre, almost 8 g of protein and 18 g of healthy fats — those sugar cravings will be gone the rest of the morning."

### LUNCH

Mixed salad greens with sliced chicken breast, crumbled goat cheese, dried cranberries and store-bought poppy seed dressing. ▶ Estimated intake = 8 tsp added sugar.

**THE ASSESSMENT** "There isn't a lot of fibre here. You will get a bit of moderation in blood sugars from the protein and from the fats in the dressing."

**MAKE IT BETTER** Add some chopped veggies or some chickpeas to up the fibre and protein. Go for a full-fat dressing, like olive oil and lemon. And many dried fruits have added sugars, so keep the cranberries to 1 tbsp or swap them for fresh fruit.

### AFTERNOON SNACK

Medium non-fat vanilla latte and store-bought blueberry muffin. ▶ Estimated intake = 9 tsp added sugar.

**THE ASSESSMENT** "After the blood sugars spike, you're going to feel even more tired and probably crankier than before the snack."

**MAKE IT BETTER** Try a nut-based bar that's low in sugar but high in protein and healthy fats. Better yet, says Nielsen, go for veggies

and hummus. And if you like your coffee sweet, "go down a step to a half-sweet latte. When that tastes normal, go to an unsweetened latte."

### DINNER

Spaghetti bolognese with tomato sauce from a jar. ▶ Estimated intake = 3 tsp added sugar.

**THE ASSESSMENT** "If you cook pasta al dente, it's actually a really moderate glycemic food. You've also got protein and fat from the ground beef. There can be a lot of added sugar in jarred tomato sauce — a few teaspoons in a ½-cup serving — but it's not going to have that much of an impact, because there's a lot more going on in this meal."

**MAKE IT BETTER** Choose tomato sauce without added sugar, and add extra veggies to the sauce.

### EVENING SNACK

Small bowl of mixed berries. ▶ Estimated intake = 0 added sugar.

**THE ASSESSMENT** "Berries are low in sugar but very fibrous. They will give you a really small, slow bump in blood sugars."



### Hit list

The ways excess sugar can wreak havoc on the body

#### Eyes

High blood sugar can lead to swelling in the retinas of diabetics.

#### Heart

A study published in *JAMA Internal Medicine* found that people for whom sugar makes up 21 percent or more of daily calories were twice as likely to die from heart disease as those who had less than 8 percent.

#### Skin

A 2013 study found that for every increase in blood glucose levels of one millimole per litre, participants looked about five months older.

#### Stomach

Norwegian researchers found that glucose can relax stomach muscles to allow extra room for dessert.

#### Bladder

Excess sugar overworks the kidneys and ends up being excreted through urine — that means more frequent trips to the washroom.

#### Teeth

Bacteria in plaque feed off sugar left on teeth and produce an acid that destroys enamel.

—DIANA DUONG



26

Teaspoons of sugar the average Canadian consumes in a day, according to Statistics Canada



6 Teaspoons of added sugar recommended per day by some health organizations



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## A totally true, horrifying account of one woman's withdrawal

I HAVE A SALTY TOOTH. So when my editor suggests a seven-day vacation from sugar, I am sure it'll be as easy as pie.

"You naive, bloated fool," is what I would say now. I didn't realize that whole milk, salad dressing, Greek yogurt, "healthy" cereals and—abandon all hope—bread would be off limits. Day 1 is a minefield of poor choices: a Hail Mary breakfast of hash browns and black coffee; resentfully picking the apples out of a salad at lunch; plenty of emergency walnuts, preferred snack of the world's saddest seagulls. Dinner is lamb stew with a side of mental exhaustion.

But according to most online accounts of sugar cleanses—all of which I have now read—day 2 is when the withdrawal sets in. That morning, I placidly enjoy a handful of low-glycemic raspberries, oblivious to the cavalcade of bodily horrors that awaits. After lunch, right on schedule, misery descends: I am in a cab, on the way to a mid-afternoon appointment, and it takes me a full minute of quizzically prodding my wet cheek to realize I am crying. From here I plunge into the ninth circle of nutritional hell, rapidly cycling between bagel-filled daymares and quiet hysteria. Sitting in the waiting room, I feel so foggy, I wonder if I've been drugged with a blow dart. Right on cue, a baby with an earache starts crying. Great.

Is sugar addictive? Science says maybe. But when I come back to the office and see pieces of cherry pie being passed around, there is nothing left to do but ready my walnuts and weep. —KATIE UNDERWOOD

random  
but

## Tips, tricks and fascinating facts about sugar

### EXPERT TIP

#### YOU DON'T NEED TO GO COMPLETELY SUGAR FREE

► A lot of dietitians agree that cutting natural sugars, like high-glycemic fruit and plain dairy products that contain lactose, is simply not necessary. "I don't know of anyone on the planet that became obese or developed diabetes because they ate too much melon,"

says Calgary-based dietitian Andrea Holwegner. "What I know to be true is that any time people go to an extreme and cut something out, they follow it for a while, but it usually leads to eventual overconsumption, and even a bad relationship with food."

### EXPERT TRICK

#### DO YOU PASS THE TEST?

► If you go on a no-added-sugar trial for a week and "it's very difficult and none of the food tastes good, then you know you have a sugar problem in your diet," Nielsen says. "But if you do it and don't feel any different, then you don't need to worry."



The amount of packaged foods purchased in the U.S. that contain sugar



The drop in sales of sugar-sweetened drinks in Mexico after the country introduced a tax on them



## Label hack

Until Canada's label changes come into effect, you can easily determine how much added sugar is in products like strawberry yogurt or chocolate milk: **Subtract the total grams of sugar on the plain version from the total grams on the sweetened version.** Voila, you now know how much added sugar is in the sweeter product.



### BROWN VS. WHITE

It might seem healthier to choose brown sugar over white, but the only difference is that brown sugar hasn't been stripped of the molasses present in sugar cane juice and therefore has slightly more minerals—but not enough to render it "healthier."



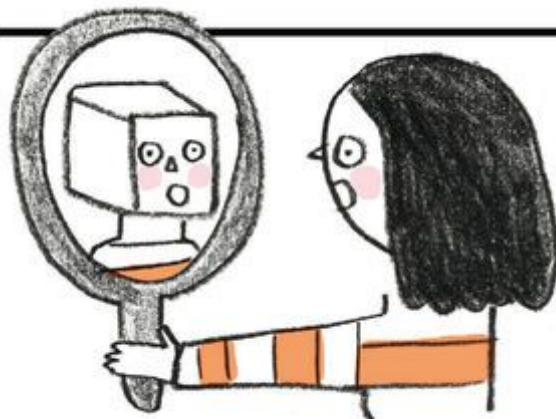
### RAW VS. REFINED

The coarse appearance of raw sugar is made by spinning the crystals in a centrifuge. Refined sugar is then processed further to remove the molasses and make the crystals finer.



### CATS VS. DOGS

Add one more thing to the list of things dogs and cats can't agree on: According to a study from the *Journal of Nutrition*, man's best friend has a taste for sweet foods, while cats and other felines don't have sweetness receptors in their genes.



### SUGAR FACE

It's a thing, according to naturopath and skincare specialist Nigma Talib, who contends that a sugar-heavy diet is linked to lines, dry patches, wrinkles on the forehead, widespread blemishes, bags under the eyes, a pasty hue of skin and thinning eyebrows.



DOG AND CAT ILLUSTRATION, ISTOCKPHOTO



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**BREASTS**  
AN OWNER'S MANUAL  
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They're not just a source of lurid fascination or life-threatening disease. We explore the complex, consuming, sexy, sore and profoundly personal relationship women have with their breasts

By **KATIE UNDERWOOD**  
Illustrations by **LEEANDRA CIANCI**  
Photographs by **MAY TRUONG**



# THANKS FOR THE MAMMARIES

If you've carted a pair of breasts around for most of your life, you'll know that they are much more than Instagram gold for "empowered" celebrities, shelves for expensive lingerie or a potential ticking time bomb when it comes to our health. But conversations about these organs tend to get stuck in either the sexual or the clinical. That's a shame, because our relationship with our breasts—probably more than any other part of us—is so charged and deeply personal.

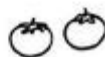
We collect countless memories of our breasts over the years, some so intense they deserve their own multisyllabic German phrase: test driving your first training bra; nursing your newborn in the wee hours of her life; eyeing the mammogram machine with cold antagonism. Women are united by these experiences, but we move through them alone. And each one of us must tackle the ongoing work of embracing our particular thoracic inheritance. Maybe you've not quite made peace with your wonky right nipple or your too-dark areolas or your mastectomy scars. Perhaps you've given your pair affectionate nicknames, or said "Screw it" and bought yourself new ones. To have breasts is to endlessly navigate the continuum between wishing for them desperately and wishing them away entirely.

We asked six Canadian women to bare their breast-related hang-ups and joys. We were given candid accounts of not being born with breasts, but acquiring them later in life; of what happens when cancer and family history conspire to take them away; of the life-changing magic of bullet bras; and of throwing caution (and nipples) to the wind and forgoing bras entirely. (We also rounded up a collection of cute yet functional bras and straight facts about awkward truths, like nipple hair and major asymmetry.) Whether your breasts are feeding a family, heading south like migratory birds or alerting you to an oncoming cold front, take a good, long look. They're all yours.

## BOOBOLOGY

### Questions? Get 'em off your chest

We consulted Dr. Brett Beber, a plastic surgeon at Toronto's Women's College Hospital, as well as a stack of medical textbooks and studies, for the answers



**What are these things, actually?** Here is the scientific (and outrageously unsexy) answer: The breast is essentially a modified sweat gland made up of fatty, glandular and fibrous tissue.

**When do breasts stop growing—if ever?** Your breasts usually stop developing when you're 18 or 19, but thanks to pregnancy, menopause and weight gain or loss, they'll continue to change throughout your lifetime.

**Are they meant to be the same size?** Your breasts are not supposed to be mirror images of each other—think of them as sisters, not twins.

**Are they meant to hurt a whole bunch?** Many women experience breast tenderness right before their period, when progesterone spikes and milk ducts swell. But if the pain is new or affecting your life, give your doctor a shout.

**This lump in my breast is probably nothing, right?** A reassuring stat: It's estimated that between 80 and 85 percent of lumps are benign fibroids or cysts. But, again, let your doc know.

French researchers claim that wearing a bra contributes to sagging. *Vrai ou faux?* The idea that you can prevent breast sagging by dispensing with your underwire and exercising your chest muscles (i.e. free-boobing) is a myth. Blame gravity, not your bra—and you can also blame genes. Some breasts drop more than others.

**What else do women get wrong about bras?** We have no idea which ones to wear. According to a survey from lingerie company Triumph International, more than three-quarters of women are in the wrong bra size. We generally tend to overestimate band size and underestimate cup size.

**My bra straps dig into my shoulders. How bad can that be?** Bad enough to cause numbness in your little finger.

**Did I inherit my breasts from my mom?** The genetics of breast size is not completely understood, but it seems that some women take after their mothers, while others take after the women on their father's side.

**Am I flat because I slept on my chest as a child?** No.

**Okay, but since I'm flat, I don't need a sports bra, right?** When you're out jogging, your small breasts can still bounce up and down by more than three inches. So maybe strap them in.

**What's with the hair on my nipples? Can I pluck it?** Hey, humans are mammals and mammals have hair, including around the nipple area. Plucking, waxing and laser hair removal are just as safe on your nipples as anywhere





else on your body — provided they're done properly.

**How come my nipples are itchy?** Eczema can happen during breastfeeding, pregnancy or just due to the changing of the seasons. If the skin on your nipple seems dry or damaged, try lanolin cream or extra-virgin coconut oil.

**What's going on with my nipples during sex?** When you're turned on, your nipples expand, widening a little and lengthening by up to 1 cm.

After you have an orgasm, your nipples will deflate again.

**I don't really like having my nipples touched in bed. Is that strange?** Not according to famed sex researcher Alfred Kinsey, who estimated that half of women did not experience erotic sensitivity in their nipples and breasts.

**I have inverted nipples. Am I alone?** Nope. If you were to round up 100 nipples, most of them will be outies, but 10 to 20 will be innies.

#### FACT

# 450 mL

Amount of milk that one breast alone can produce during a breastfeeding session



**Boob Diaries**



CHELSEA'S STORY

"I breastfed not ONE, not FOUR, but SIX children"

I was a modest 32A at my wedding; I went up to a DD bra during pregnancy. But I felt much more in love with my breasts as they were developing, and I appreciate my breasts a lot more now: These puppies are tough. I make incredible milk and tons of it, which is the ace in my back pocket if I ever need to quiet a fussy toddler. My nipples always protruded a bit, but thanks to six kids, they're always out now. My husband measures them in Smarties. And my breasts are still highly functional sexually—even if they're these saggy, empty, stretch-marked pancake-looking-type things. Even if they look like bottle tops.





BRAS

## Support system

Whether you're in the market for some saucy underthings or a comfy workhorse, you'll find it here

WORKING HARD

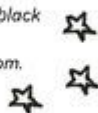
SEXY

HARDLY WORKING

SOOO COMFY

HARDLY WORKING

1. B.Tempt'd by Wacoal B.Active underwire sports bra, \$55, [thebay.com](http://thebay.com).
2. Victoria's Secret purple and green sports bra, \$78, [victoriasecret.com](http://victoriasecret.com).
3. Déesse x Addition Elle Sheer Desire T-ser bra, \$60, [additionelle.com](http://additionelle.com).
4. Ashley Graham x Addition Elle Showstopper balconet bra, \$70, [additionelle.com](http://additionelle.com).
5. La Vie en Rose lavender lace bra, \$40, [lavieenrose.com](http://lavieenrose.com).
6. Cosabella Italia underwire bra, \$91, [cosabella.com](http://cosabella.com).
7. Wacoal Halo lace wire-free bra, \$38, [thebay.com](http://thebay.com).
8. Talula for Aritzia burgundy bralette, \$25, [aritzia.com](http://aritzia.com).
9. Victoria's Secret bralette, \$33, [victoriasecret.com](http://victoriasecret.com).
10. Wonderbra black geometric cami underwire bra, \$43, [thebay.com](http://thebay.com).
11. Déesse x Addition Elle striped seamless bralette, \$40, [additionelle.com](http://additionelle.com).
12. Cosabella Talco thin strap cami, \$67, [cosabella.com](http://cosabella.com).
13. Freya black sports bra, \$92, [freyalingerie.com](http://freyalingerie.com).
14. Anita Maternity Paisley nursing bra, \$80, [anita.com](http://anita.com).



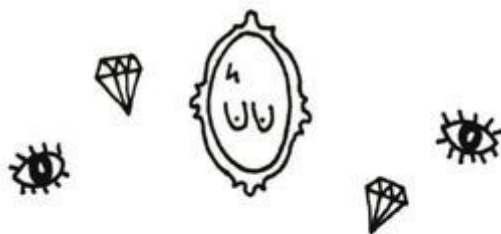




## BRIGITTE'S STORY

"I HAVEN'T WORN A BRA  
IN DECADES."

Growing up in France in the '70s, I convinced myself I was going to have very prominent breasts. They never materialized. When I was 16, I saw a picture of Jane Birkin in a sheer top. I thought she looked really good, really sexy, and she had no bra. And no breasts! So I stopped wearing a bra. Before coming to Canada, I lived in Denmark, where there was no judgment at all—I regularly saw topless women eating lunch in the park. We're more puritan here: Living in Quebec, I felt social pressure to wear a bra, but I couldn't stand the pinching and squeezing. The sagging is bearable, and there's a lot more freedom.



## JUDY'S STORY

"AS A TRANS WOMAN, BREASTS  
HELPED ME FEEL LIKE MYSELF."

Before I had breasts, I felt like my body was viewed as adolescent by my intimate partners. At 29, I had been on hormones for two years, but breast enhancement was a way to make a permanent physical commitment to my transition. Surgery is not a goal for every trans person, but for me, being able to pass as female in public was important for my survival, for my everyday getting along.

I wasn't going for total porn-star boobs—I just wanted a pair that were nice to look at and hold and that fit the rest of my body. I wanted them to

look like I could have grown them myself. My doctor and I decided on round, cohesive silicone gels.

Coming out of any cosmetic procedure, there's a tendency toward a sort of buyer's remorse—like, "What have I done?" "Will people still find me attractive?" "Will I still find my body attractive?" I had to come to terms with my new shape—getting used to cooking with these things in front of me, and having to move my arms differently. But it was exciting. It wasn't like I needed breasts to be female, but now I look at my body and recognize it as my own.



## MARCI'S STORY

"Before I lost  
my breasts,  
I went shopping  
for new ones."

Thanks to a high occurrence of familial breast cancer and my own dense tissue, I'll earn my "previvor" badge when I have elective surgery later this year. To help prepare my head and heart for what lies ahead, I attended an event made for women like me. The big draw at Breast Reconstruction Awareness Day (or "BRA Day")—an annual, Canada-wide event designed to educate prospective patients about their post-mastectomy options—is the Show & Tell lounge. It's a private, women-only space in which a handful of generous ladies doff their tops, offering the rest of us a first-hand view of their implants, scars and all. Following a quick introduction and some nervous laughter, the volunteers began undressing. First up was Karen, who whipped off her tank top, took my hand and matter-of-factly placed it on the curve of her chest, asking me whether I could feel the implant. I couldn't, but admittedly, I wasn't pressing very hard. I'm not sure what I was expecting from the evening, but it was refreshingly devoid of survivor platitudes. I was just standing in a room full of beautiful women, discussing the merits of teardrop and round implants. (My surgeon later recommended round due to my small cup size and natural sag.) But more important than what the models were—or weren't—wearing was the undeniable fact that they are doing okay. It made me feel like I might be okay too.

## FACT

10%

Share of breast cancer cases  
that are hereditary





TIMELINE

# An abridged history of boobs

2000 BC



Wet nursing—breastfeeding another woman's child—is one of the world's oldest professions.

A bra-like garment, worn by female athletes, is featured on cave drawings from the Minoan civilization.



1400 BC

4 BC



Aphrodite of Knidos, the first life-sized nude sculpture of the female form, is unveiled in Greece.

Legend has it the champagne coupe is created in the likeness of Marie Antoinette's breast. Cheers!



1770

1962



Timmie Jean Lindsey, a Texan housewife, becomes the first woman to receive silicone breast implants.

Uncensored naked breasts appear for the first time on network television during an episode of the ABC miniseries *Roots*.



1977

2004



Janet Jackson slips a nip during the Super Bowl half-time show; CBS narrowly avoids a whopping \$550,000 fine.

Angelina Jolie brings widespread attention to the BRCA1 gene by revealing that she's undergone a preventive double mastectomy.



2013



PAIGE'S STORY

"AT 17, I WAS DONE WITH MY 34Js."

I wanted breasts before I had them, but then I grew into a 34J. Guys would make comments and assume I was promiscuous because I had large boobs. It used to feel like I was carrying two bags of sand—like there was so much weight on my chest. I had a lot of back pain, and when I talked to my mom about the possibility of a

reduction, she thought it was a good idea. She had one too, at 18. Now I'm 18 and a DD. It was a pretty big surgery, and I was a bit sad to downgrade, like a chapter in my life was over. And then I think of the ease of shopping for my prom dress last year—it was long and blue with a sparkly bodice. But it was still pretty booty.



KELLY'S STORY



"I'm hooked on shaking what my momma gave me."

I was in the military for eight years, so my femininity was just decimated. Then I developed a chronic thyroid disease and I fell into a really bad depression. Desperate for some exercise, I thought, "Wouldn't burlesque be kinda fun?" I wanted to challenge my anxieties about my body. In my class, there were women of all sizes. I remember making some joke about my body, and one of the other artists went, "No, no. We don't do that here." I had a chance to shake what my momma gave me, and I was hooked on that feeling. The reveal of your breasts at the end of a performance is very brief, and pasties cover my innie-and-outie nipples, the only part of my body I'm uncomfortable with. Now, when I'm looking for a costume, I think, "What's going to highlight my boobs in the best way?" Bullet bras! 1940s silhouettes! All of a sudden, everything seems to require a sparkle.

FACT

15 to 23 lb

Weight of a pair of D-cup breasts



Confidence in Motion

SUBARU



## OUTBACK

The 2016 Subaru Outback has Symmetrical Full-Time All-Wheel Drive, loads of utility, and advanced safety systems to get you where you're going. [SubaruDarkSky.ca](http://SubaruDarkSky.ca)



THE MORE WE'LL SEE THESE LIGHTS, THE LESS WE SEE THESE LIGHTS.





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"The Flamingo"



"The Irish Stepdancer"



"The Bat"



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"The Jumping Jack"



"The Cliff Hanger"



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**always**



## Q&amp;A

Writer,  
humorist  
and activist  
**Lindy West**  
on internet  
trolls, the word  
*fat* and how  
she went from  
shy to *Shrill*

By CHRISTINA VARDANIS  
Photograph JENNY JIMENEZ



➤ Everything about Lindy West is big. Her opinions are big: After cutting her teeth at an alt weekly in Seattle and the online blog *Jezebel*, she now writes for *GQ* and the *Guardian*, deftly tackling everything from the Republicans' shambolic race for the White House (she likens Donald Trump and Ted Cruz to "two air horns in an off-balance washing machine") to *Batman v Superman* (or, as she describes it, "153 minutes of a grown man whacking two dolls together"). Her heart is big: She's a tireless advocate for safe spaces for women and made headlines when she confronted and eventually made peace with an internet troll who had been impersonating her dead father. And when West takes on an issue like sexual violence, it's in a big way. (Her viral post "How to Make a Rape Joke" took aim at the rampant and deep-seated misogyny in comedy and sparked a war in the stand-up world.) Her body, however, isn't big; it's fat. It's an important distinction for her—one that played a major role in her transformation from shy, compliant child to bold, self-confident feminist writer. We spoke with



West from her home city of Seattle, about her new memoir, *Shrill: Notes from a Loud Woman*, a clear-eyed, honest and hilarious examination of the forces that shaped her world view.

**I was surprised to read that, growing up, you insisted you weren't a feminist.** The messaging campaign that stigmatized the term *feminist* definitely worked on me when I was a teenager. I always believed in equality, but there's such intense pressure to be cool and not alienate boys, to not be a pain in the ass—to not be “that kind of woman.”

**When did that change?** In my freshman year of college, when a male professor asked the class, “Who here identifies as a feminist?” Only one girl raised her hand, and the rest of us just sat there. He basically just shamed us for the rest of the class—in a constructive way. He went around the room and said to each girl, “Why didn't you raise your hand? Feminism means men and women deserve the same rights, and that the balance in the world is currently tilted in men's favour. If you believe those two things, you are a feminist, whether you like it or not.” Which of course is more complicated in reality—there are women who reject the label *feminist* for other reasons, like some women of colour who have been done a disservice by white feminism. But I had this moment where I was like, “Oh, I've been f--king this up.”

**“Indignation and determination are much more constructive emotions than shame and embarrassment.”**

**In *Shrill*, you point out a number of seeds that were planted when you were young—like notions of “ideal beauty”—that contributed to you feeling alienated from your body. When were you able to connect those dots?** There were moments from my childhood when I remembered realizing that I was too big. I carried them around as weapons to use against myself, to remind myself there was something wrong with me. Gradually, as I started to break down some of those thinking patterns, I realized those [experiences] had tricked me into thinking I was broken. They were evidence of how we indoctrinate girls into believing this fiction, that there is something wrong with them. I didn't put a lot of it together until I was working on the book. This book is the thing I didn't have growing up—a model for how to be a vibrant, multi-faceted, good, happy fat woman.

**Do you feel like young girls today have better role models?** Definitely better! I sobbed all the way through the new *Star Wars* movie. Nobody ever told me I could be a Jedi.

**Sports Illustrated just featured “plus-size” model Ashley Graham on the cover. Glamour just published its first “plus-size” issue. What's your take on the trend for magazines to be more inclusive of different sizes?** It's certainly better than nothing. It would have felt revolutionary to me as a teenage girl, for sure. But really, all they've done is include a very conventionally attractive woman who is two to three sizes bigger than the model they would usually use. It's a minuscule, incremental shift. It's sort of fashionable right now to be in favour of “body positivity,” which is very easy. There's little risk there. So you can be Kim Kardashian taking a naked selfie, which I have no problem with, but it doesn't shift the world in a significant way, the way that a disabled, fat, queer woman of colour can shift the conversation.

**It's oversimplifying the issue.** Right. And then you can pat yourself on the back, declare victory and say we're done. We're not done. We're not remotely done. I don't want any woman to think that I don't have empathy and deep care for all women's body issues. I just want to make sure that we don't only focus on the most palatable ones.

**You describe yourself as fat throughout the book, and I admit it made me uncomfortable. I had this automatic reaction of “Oh, she's not being kind to herself.”** When I started tentatively dipping a toe into fat-positive internet spaces, I learned that reclaiming the term was the quickest and most powerful way to make it stop hurting. If you can say, “Yes, I am fat, and it's okay to be fat,” then all of a sudden it doesn't hurt when someone says it to you. And it's also just a descriptor. It's like *tall*. It's just a fact. It feels important to me to speak the truth about that, and to not use a euphemism. Euphemisms are things we use when we want to dance around something or don't want to say it. I don't want to be something that is avoided. And I am my body.

**I came around when you described how being called “big” when you were young made you want to be small, in all areas of your life.** When I started to internalize fat positivity and believe it, my response was the same one I had when I started to understand the scope of gender inequality: deep indignation. It was like, “I can't believe I've been putting up with this shit for my whole life, and I never even noticed.” I knew something felt wrong, but I just blamed myself for it. Indignation and determination are much more constructive emotions than shame and embarrassment. And feminism was this engine that turned one into the other.

**The power of language is a theme you return to quite a bit. I'm curious about choosing to identify yourself as “loud”—a loaded word foisted on women more than men—in the title of the book.** It's definitely both true and a reclaiming of that word. I am sometimes loud in an annoying way, as a human being; and [because I was] shy when I was young, learning to use my voice, especially in public, and how to be loud and boisterous and not self-conscious, was a really important transformation in my life. The title also uses it in a figurative way—in that, if you're an opinionated woman, people perceive that differently than if a man were expressing the same opinions. If you say things in a very direct, uncompromising way, they're read as shrill, or bitchy, or overbearing, whereas from a man, it would be forthright and direct. So it's true on both sides.





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OUTLAST  
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**You found the world of stand-up comedy deeply hostile toward women. In the past few years, the world has finally decided that women comics are funny. Do you think the scales have truly tipped?** Comedy is definitely opening up to women! It's vastly different than it was when I was a kid, and it's even different than it was when I started writing about comedy a few years ago. Fighting these big, messy, public battles over misogyny and rape jokes makes it incrementally easier for female comics to set those boundaries in their own lives. When we speak in unison, we're hard to ignore.

**When you wrote a post on Jezebel calling out an online troll who had been impersonating your deceased father to taunt you, the troll responded with an apology. The discussion you had with him on *This American Life* was so eye-opening. Can you speak to the effect trolls had on you early on, and how dealing with them has changed you?** At the beginning, I was completely unequipped to deal with it. I was in a lot of pain all the time. I cried every day at work. Because it's just relentless. The feeling that you're pouring your heart into this job, and then there are just thousands of people who hate you for no reason, and want to hurt you, was disorienting and scary and painful. And if you're making yourself vulnerable in your writing, then they know where to hurt you, which is extra fun. I had to develop coping mechanisms on the fly, and slowly it got better, to the point where now I barely notice. I'm like an old, gnarly turtle now. The interaction with the troll [who impersonated my dad] made me start to understand who these people are, and I figured out, in a really profound way, that happy people don't do this. It's hard to feel afraid of someone when you pity them.

**The hashtag #shoutyourabortion, which you started in the fall as a way to bring abortion stories out of the shadows, exploded in popularity. You share your own abortion story in the book. What is it like to be living through this Republican campaign, with Donald Trump saying that women who seek out abortions should be "punished"?** It's horrifying and frightening. There are women who live in states with maybe one abortion clinic. The right wing is trying to make it impossible for

women to get abortions, even if they are technically legal. This is done in a literal way—you can't get to a clinic, you can't afford it, you have to tell your parents—and by making it something that young people feel they can't talk about, can't ask for help with, can't do anything about but try to either induce abortions on their own, alone and unsafely, or have children they don't want and can't care for. It's just an assault on all sides. One of the most irritating things about America is this bravado we have—like, "You guys, we're amazing! We're the most amazing country in the world!" And I'm like, "Are you sure? Because we're garbage and backward in a million areas that other developed countries left behind years ago!"

**You also created the blog *I Believe You / It's Not Your Fault* [currently on hiatus] in 2014 to allow women to share stories of assault. What prompted you to start it, and what have you learned?** The catalyst was becoming a stepmom and hearing what my teenage stepdaughters go through at school. My older daughter is only 14, and it's routine for boys at her school to try to blackmail girls into sending nude photos. There was an incident where one of my daughter's friends was harassed and groped by a group of boys at a party, and a parent who was there to supervise told her it was her fault. It struck me that the messages "I believe you" and "It's not your fault" are things victims of sexual assault

don't hear often enough. So much of the discourse around rape and assault props up the idea that women are liars, or that when we aren't lying, we brought the assault on ourselves. The most surprising thing I learned running the site is just the sheer amount of pain, doubt and misinformation out there. The number of people who write to us, describe their experiences and ask, "Was I raped?" is heartbreaking.

**When you were a kid, your mom took you to an embarrassing lecture about puberty and bodies called "Growing Up Female." If that class existed today, and you taught it, what would it look like?** When I was growing up, your choices to receive this information were: receive no information; receive super-clinical information that is not relatable at all; go the Red Tent, woo-woo route. I'd make it fun and seem normal and not scary, and just make it a bunch of funny gals relating to each other. I would want people to know that they don't have to hate their body and don't have to be afraid of it, but that it's also okay to feel uncomfortable with it at times. The body positivity conversation often gets sort of oversimplified and flattened into, "Yay! Everyone has to love everything about their body all the time!" And that's not realistic, that's not how bodies work, that's not how emotions work. It's fine to have these kinds of confusing and conflicting feelings.

**You end the book by saying the most important thing you do now is say no. How did you come to this realization?** It's definitely something that clicked in me, thanks to fat acceptance. I didn't stop hating my body because my body changed; I stopped hating my body because my mind changed. I realized that the beauty standards I'd grown up striving and failing to meet were artificial and arbitrary, and I could choose to simply say "no" and define my own value. Learning to set those boundaries—refusing to live by rules written and enforced by self-serving strangers—carried over into other areas of my life. Abortion. Feminism. Online harassment. Social justice. Women's "no"s are constantly doubted and eroded in our culture. Saying "no" and sticking to it—and, especially, doing that where other women can see it—is a political statement. **G**

**"I didn't stop hating my body because my body changed; I stopped hating my body because my mind changed."**



# Chronic Ailments Relief Below:

## Frequent bathroom trips? Prostate Ezee Flow Tea

Within 3-5 days most men can lead a normal life again. Stops dribbling, burning and rushing frequently to the bathroom. Get up once a night or not at all. If you are considering surgery, try the tea first.

■ **Best product on the market.** I had 100% relief. I don't have to get up anymore during the night. My sex life has changed completely. I'm a new man today. Thanks a million times for this incredible tea. Oleg Kerler, Thornhill, ON ■ **After the first year drinking the tea, my PSA went down to 4.5; after the second year it went to 2.9; after the third year it went to 2.3.** I highly recommend it. A real life saver. Thomas M. Thurston, Forsyth, GA.



#4A NPN 80051642

## High Blood Pressure

High blood pressure is called the silent killer. With this natural medicine many people can get it in the ideal range of 120/80. Dr. C. Hammoud M.H., PhD recommends this effective product with fish peptides and herbs.

**True success stories:** ■ **I was on 3 blood pressure drugs.** That did not work. After starting Bell Blood Pressure Formulation my readings are generally well below 120/80. Dana A. Anderson, 76, Sooke, BC. ■ **At work my driver's medical test was too high at 170/100.** After taking Bell product #26 for a few days, my BP went down to 128/84, which allowed me to pass my work medical. Kris Geier, 48, Windsor, ON.



#26 NPN 80063321

## Shape and Health

A new and improved natural product with the proven ocean kelp bladderwrack. Many men and women wrote us that this ocean kelp reduced cravings and hunger for sweets and starchy food.

■ **Lost 15 lbs in 3 months.** Bell Shape & Health naturally curbed my appetite and actually gave me more energy for workouts. My friends and family are on it now too. Latoya Daniella Scott, 29, Shuterville, SC. ■ **Shape & Health decreased my appetite for sugary food.** Lost 5 lbs this month. I feel I have more energy. Thank you. Barbara Huether, 66, Soper, OK.



#5-SH NPN 80051637

## ARTHRITIS

■ **Pain free in 2 weeks.** This is what happened to me personally. I tried drugs, acupuncture, magnets, physio and others. Finally special processed shark cartilage helped me. Since then I helped hundreds of thousands of people worldwide. Nick A. Jerch, President.

■ **Cancelled knee replacement.** I was in pain and limping. I have no more pain now and can square dance for hours. Anton Melnychuk, Porcupine Plain, SK. ■ **I tried another brand and the pain came back.** 2 weeks on Bell and the pain is gone again. Gert Dupuis, Hamner, ON. ■ **On our website people write:** "Can walk again for hours"; "Can climb stairs without hanging on to railing"; "First time in 15 years I can sleep at night". Also guaranteed for rheumatoid arthritis and sciatica. Hundreds of testimonials on our website with full names and towns. Shark bones/cartilage was previously a thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.



#1 NPN 80042283

## Men can perform anytime

**Eroxil™ #6 helps most men to perform like in their 20's.** Evidence of a few hundred testimonials on our website with full names and towns. All 100% true: ■ **Eroxil is the best of all the supplements for men I've tried.** Boosts my sex drive and I'm able to function anytime. Angus Gutke, 45, Calgary, AB. ■ **Regained virility in three days.** My libido was restored for good sex. I've also given it to friends with the same results. One of them is a diabetic and overweight. Dr. Louis Rolland, 72, St. Hyacinthe, QC. ■ **Wow! I feel like thirty years ago.** My partner said I should have done it a lot sooner. She is one happy camper again. John Warner, 81, ON.



#6 NPN 80051008

## Women can climax again

**Erosyn™ #7 is the only product that helps most women to restore libido, desire and the ability to climax.** There is no drug or natural product like it. Evidence from our website: ■ **Erosyn saved my marriage.** I'm overjoyed! My libido is back. Words cannot describe how grateful I am. Carla Daunais, 32, St-Hubert, QC. ■ **I've been married for thirteen years and never experienced climaxes in the last twelve years - until I took Erosyn.** My new sex life is exciting! What a miracle! Jeane Adams, 37, American Fork, UT. ■ **My sexual desire is greater now than it was for thirty years.** It's wonderful to have such ecstatic joy. I've tried others that didn't work. Eve Jameson, 58, Kingman, AZ. ■ **This rejuvenated energy also has the effect that women are not tired any more for all daily tasks.** All supported with statements from women on our website.

## Allergies are a modern epidemic

By Dr. Chakib Hammoud, M.H., PhD.

What people experience:

■ **I tried numerous other remedies all my life that were not effective.** Since I discovered Bell Allergy Relief, I do not have a stuffy nose and itchy eyes when pollen season comes around. I don't have to walk around like a doped zombie anymore. Leonard Waldner, 44, Delia, AB. ■ **For twenty years my life was miserable** with sneezing, watery eyes and sinus pressure year-round on most days. I was amazed. On the third day, all of my allergies were gone. It was like magic. Becky Gerber, 25, Dover, OH. ■ **Golfing without allergy attacks.** I tried all the medications and none worked. After taking one capsule in the morning, I'm completely free of all symptoms. Richard Gamez, 74, San Antonio, TX.



#24 NPN 80043542

## CURCUMIN

Helps with back pain, inflammation, stomach troubles, strengthens heart muscle and circulation, reduces nervousness and insomnia.

**With Cayenne pepper** Dr. D. Servan-Schreiber M.D. writes in his book "ANTICANCER" pepper multiplies the body's absorption of curcumin by two thousand times.

■ **Lower back pain relief.** Took 2 capsules and 1 at night. Next morning my back pain was completely gone. Heating pad and drugs did not help. Valerie Peoples, 53, Jonesboro, GA. ■ **Parking ticket officer** had stress relief, no more angina chest pain, increased blood circulation in cold weather, has now also warm hands and feet. Joel Phelps, 47, Windsor, ON. ■ **For 30 years had inflammation in my foot from ball games.** A good Turmeric was recommended (Curcumin is an extract). After 1 day had 90% pain relief. I was amazed how quickly it took effect. As a bonus had other health benefits including insomnia relief. Dan DeZorzi, 42, Maidstone, ON.



#67 NPN 80030470

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**President's own story:** 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. Nick A. Jerch

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Store locations on website.





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WOLFGANG PUCK



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\*Sale ends Sun. May 15 at 6:59am ET or until quantities last.  
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# food



Out of mint?  
Try basil instead

## Pineapple express

Looking for an impressive summer dessert that comes together in a flash? You've found it.

**GRILLED PINEAPPLE WITH CARAMEL & LIME** ▶ Preheat barbecue to medium. Cut 1 peeled and cored pineapple into 8 rounds. Oil grill, then barbecue pineapple until grill marks form, 4 to 5 min per side. Top with fresh lime juice, caramel sauce or dulce de leche, and fresh mint. Serve with ice cream, if desired.



# You can grill that?

Three veggies that work surprisingly well on the BBQ

## Romaine

Cut in half lengthwise. Oil grill. With lid open, barbecue lettuce, cut-side down, until grill marks form on the underside, 1 to 2 min.

## Cauliflower

Cut into large florets. Toss with olive oil, lemon juice, salt and pepper. Thread onto soaked skewers and grill, lid open, until tender-crisp, 5 to 6 min per side.

## Green onions

Toss 3 bunches green onions, trimmed, with oil and salt in a large bowl until coated. Grill, with lid open, until tender and charred, 2 to 3 min per side.

Drizzle with dressing

Serve with barbecued chicken

Chop and toss with salads



## 'Cue cleaning 101

Get that crusty barbecue ship-shape for the season

1.

Remove the cooking grates and scrub them clean in very hot, soapy water. Rinse and dry.

2.

Disconnect the gas line and remove any hardware from the firebox (briquettes, heat shield). Sweep out debris.

3.

Pull out the burner. Clean the venturi tubes (which attach the burner to the gas controls) with a pipe cleaner or spider brush.

4.

Replace the burner, reattach the gas and light the barbecue to make sure everything is reconnected properly.

5.

Turn off the barbecue. Replace the heat shield, briquettes and cooking grates. Heat barbecue on high for five to 10 minutes. Turn off and wipe grates with a clean rag dipped in canola oil.

# 195

NUMBER OF SIMPLE, DOWN-TO-EARTH RECIPES IN **DIVA Q'S BARBECUE**, BY DANIELLE BENNETT.

ENTER FOR A CHANCE TO WIN ONE OF FIVE TRAEGER 2016 PRO SERIES 22 GRILLS AND YOUR OWN COPY OF THE BOOK. Details and rules at [chatelaine.com/grill](http://chatelaine.com/grill).



*Diva Q's Barbecue*, Danielle Bennett, \$30.

## NEW BBQ GEAR

ESSENTIAL



**Weber grill brush**  
Heavy-duty, long-handled and effective. Every grilling household needs one. \$17, [webercanada.ca](http://webercanada.ca).



**Cookina Barbecue reusable grilling sheet**  
This easy-to-clean, non-stick cooking sheet means no-mess grilling. \$15, [cookina.co](http://cookina.co).



**Williams-Sonoma stuffed-hamburger press**  
You'll want this if you make over 20 stuffed burgers per season. \$25, [williams-sonoma.com](http://williams-sonoma.com).

NOT SO ESSENTIAL





*Change the way you see salad.*



Renée's Gourmet Dressing



# SUMMER'S SIZZLIN' with CHICKEN

It's barbecue season! Treat family and friends with tender, juicy chicken – proudly raised by a Canadian farmer!



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Nothing says summer like outdoor cooking, so fire up the grill to show off your barbecue skills and your favourite marinade – brushed generously onto fresh, wholesome chicken raised by a Canadian farmer.

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\*No purchase necessary. Contest closes Friday, June 24, 11:59 p.m. ET, 2016. Open to residents of Canada over the age of majority. Prize: **one (1) grand prize valued at approximately \$5,000.** Two entries per person. Odds of winning depend on number of eligible entries received. Must correctly answer a mathematical skill-testing question to win. Entry form and full contest rules at [www.chicken.ca/contest](http://www.chicken.ca/contest)







# Up in the grill

From the pickiest eater to the biggest appetite, we've got you covered with recipes guaranteed to please everyone on your summer BBQ guest list

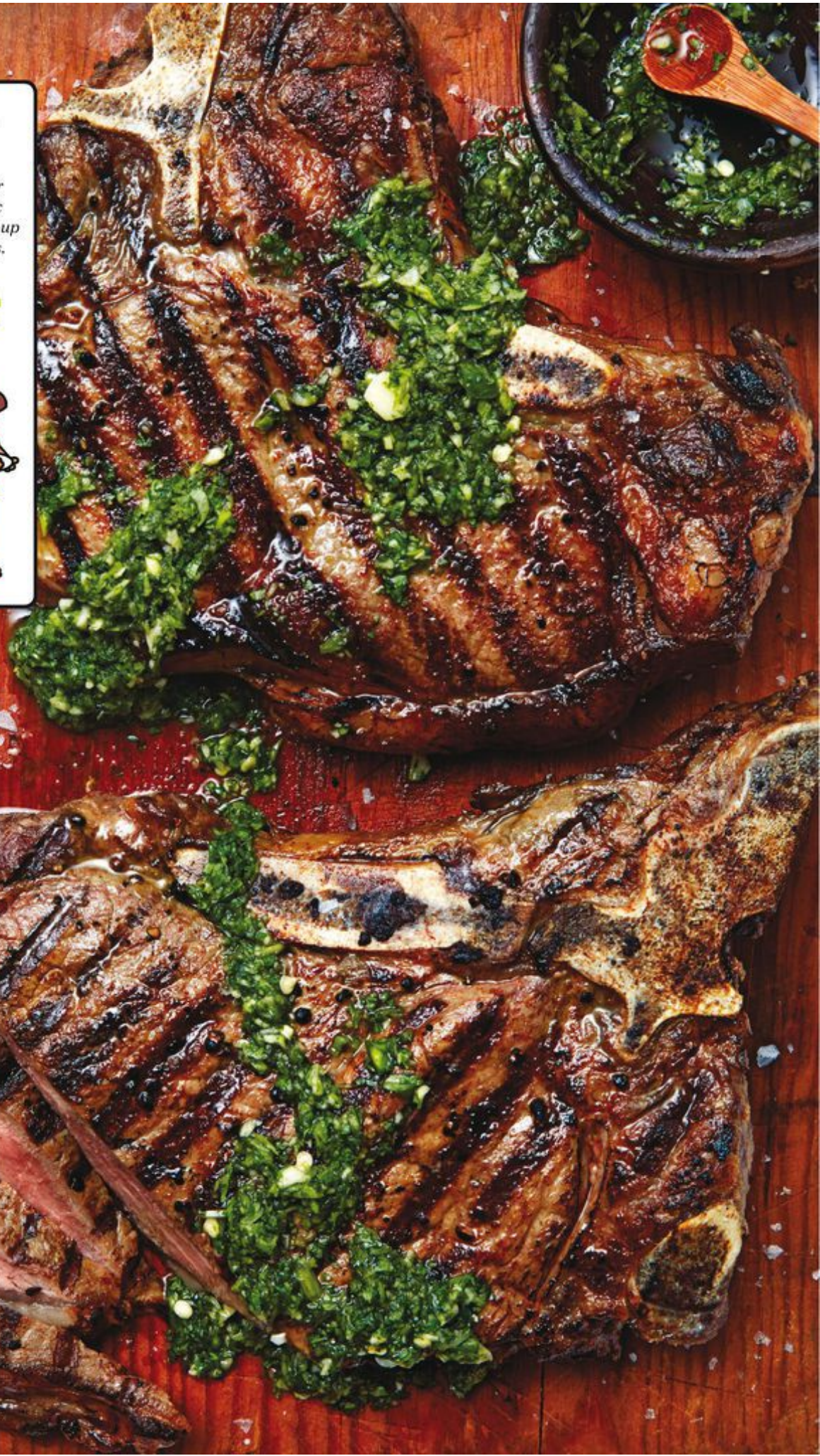
Illustrations by  
SAM ISLAND  
Photography by  
ROBERTO CARUSO  
Food styling by  
MICHAEL ELLIOTT  
Prop styling by  
JEN EVANS



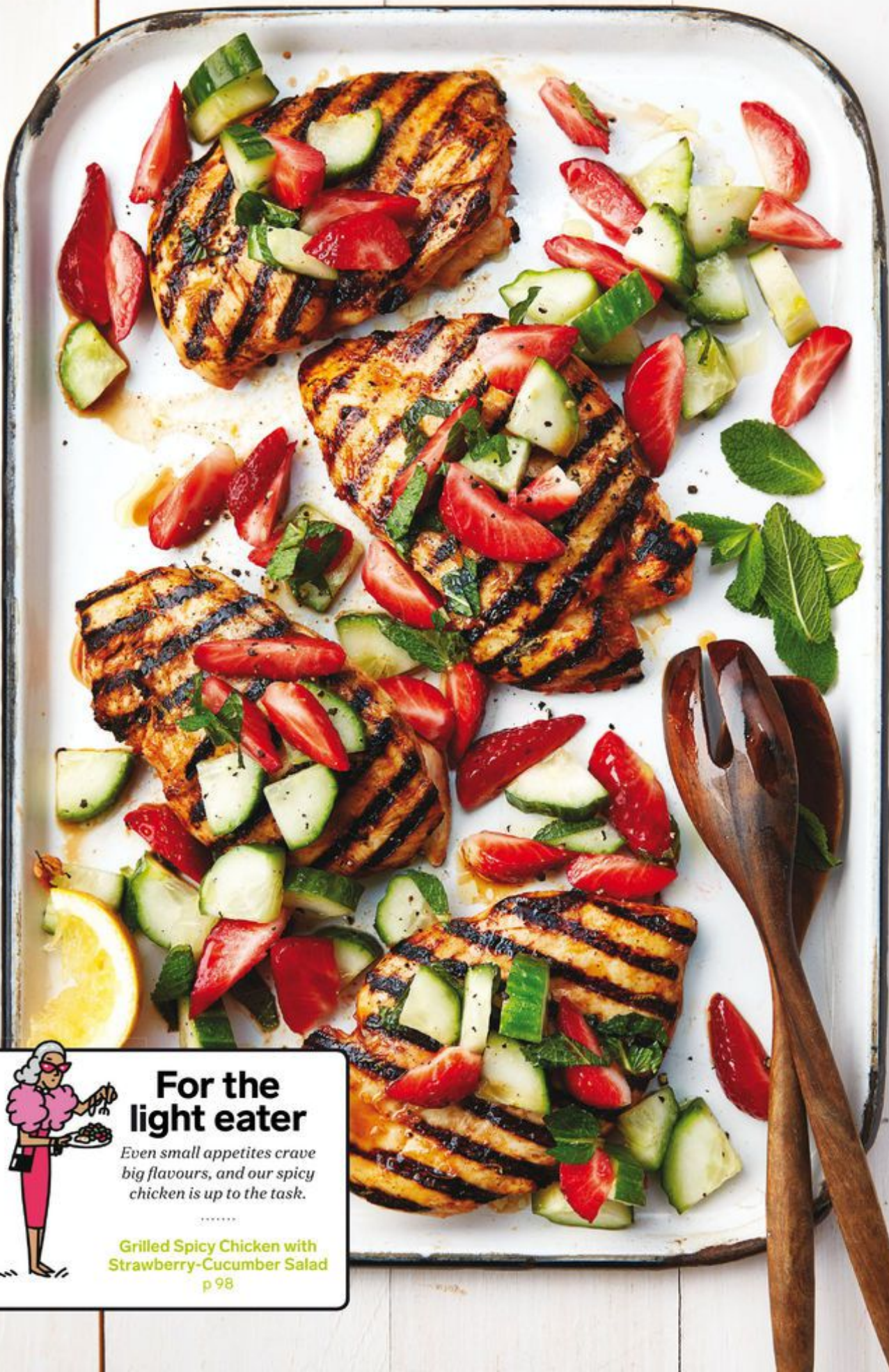
## For the purist

*Don't mess with her barbecue. A terrific steak with a straight-up sauce is all she asks.*

Classic Steak with  
Spicy Thai Sauce  
p 98







## For the light eater

*Even small appetites crave  
big flavours, and our spicy  
chicken is up to the task.*

**Grilled Spicy Chicken with  
Strawberry-Cucumber Salad**  
p 98



**PRO TIP**

Our BBQ sauce can be refrigerated in a tightly sealed Mason jar for up to a week.

## For the bottomless pit

*He wants all the meat and tons of sauce.*

Drippy Ribs & DIY BBQ Sauce  
p 98





## For the Instagram obsessed

*Go for the good dishware; she'll want to get a great shot of these tasty tacos (before devouring them!).*

Mojito Fish Tacos  
p 98







## For the vegan foodie

*Your guest  
will delight in  
this “meaty”  
burger, made  
with high-protein  
beans and tofu.*

.....  
**Black Bean &  
Tofu Burgers**  
p 100



### PRO TIP

No BBQ? Cook  
patties in a large  
non-stick frying  
pan over medium  
following recipe  
directions.



# Real Inspiration Starts Here.

From weeknight meal ideas to must-read features, every issue of *Chatelaine* delivers fresh perspectives and simple solutions. If it matters to Canadian women, it matters to *Chatelaine*.



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**CHATELAINE**





## For the tough crowd

*Satisfy even the pickiest eaters with our variety of kebabs.*

Curried Coconut Chicken,  
Balsamic Salmon and Greek  
Antipasto Kebabs  
p 100





# SIMPLY DECADENT

How can a chocolate cake be simple yet decadent? Blogger Jo-Anna Rooney uses baking's most versatile ingredient—yogourt—in her recipe for this irresistibly moist cake. Served with fresh raspberries instead of icing, it's the perfect way to celebrate Spring.

—2016—  
**TASTERS  
& TESTERS**  
**CHATELAINE**

## CHOCOLATE BUNDT CAKE

PREP 15 MIN | TOTAL 85 MIN

### INGREDIENTS

1 ¾ cups all purpose flour	¾ cup Astro® Original Balkan Style Yogourt 6%
2 cups sugar	2 eggs
¾ cup cocoa powder	1 tbsp vanilla
2 tsp baking soda	1 cup strong coffee (warm or cool)
1 tsp baking powder	½ cup vegetable oil
1 tsp salt	

### DIRECTIONS

1. **Preheat** oven to 350 degrees F.
2. **Prep** Bundt pan by spraying the inside with a baking spray, then dust with flour. Set aside.
3. Into a mixing bowl, **sift** together the flour, sugar, cocoa, baking soda, baking powder and salt.

4. In a separate bowl, **whisk** together the yogourt, milk, eggs, vanilla, coffee and vegetable oil.
5. Add the egg mixture to dry ingredients, and **mix** on medium speed for about 2 minutes.
6. **Pour** batter into prepped Bundt pan. Gently tap the pan on the countertop to remove air bubbles.
7. **Bake** for 50-60 minutes, or until a toothpick inserted in the centre of the cake comes out clean. Cool for 10 minutes before removing cake from pan.



**JO-ANNA ROONEY** loves to cook, bake, create, decorate – and share her ideas on her blog, *A Pretty Life in the Suburbs*. With an amazing supportive husband and three great kids, Jo-Anna says, “We strive to live life in a simple, delicious and lovely way.”

Twitter: @aprettylife Facebook: /APrettyLifeintheSuburbs



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Learn more on how to enter at [chateleine.com/astro](http://chateleine.com/astro)



\*No purchase necessary. Contest closes June 15, 2016 at 11:59:59PM ET. Open to residents of Canada over the age of majority. Prizes: One grand prize consisting of \$10,000 issued by cheque in the winner's name; three secondary prizes, each consisting of a one (1) year supply of Astro Yogourt (ERV \$250). Odds of winning depend on number of eligible entries received and on application of judging criteria. Must correctly answer a mathematical skill-testing question to win. Entry form and full contest rules at [chateleine.com/astro](http://chateleine.com/astro)





PLUS

## For the whole gang

*Nobody will be able to resist this savoury side*



### Spinach Pesto & Artichoke Pasta Salad

Serves 6

Prep 20 min; total 35 min

- 250 g fusilli
- 1 garlic clove
- 2 cups packed spinach
- ¼ cup toasted sliced almonds
- ¼ cup grated parmesan
- 1 tbsp lemon juice
- ¼ tsp salt
- ½ cup olive oil
- ¼ cup 2% plain yogurt
- 398-mL can artichoke hearts, drained and chopped

1. Cook pasta following package directions, but omitting salt, until tender, 7 to 8 min. Drain and rinse with cold water.

2. Whirl garlic clove with spinach, almonds, parmesan, lemon juice and salt in a food processor until finely chopped. Gradually whirl in oil until smooth.

3. Combine pesto with yogurt in a large bowl. Stir in pasta and artichokes.

**Per serving** 335 calories, 11 g protein, 38 g carbs, 16 g fat, 3 g fibre, 283 mg sodium. Excellent source of folate.

### Classic Steak with Spicy Thai Sauce

Serves 4

Prep 15 min; total 25 min

- 4 T-bone steaks, about 350 g each, at room temperature
- ¼ tsp salt
- 3 garlic cloves
- 2 serrano chilies, coarsely chopped
- ½ cup lime juice
- 2 tbsp fish sauce
- 2 tbsp brown sugar
- 1 cup chopped cilantro
- ½ cup fresh mint leaves

1. Preheat barbecue to medium-high. Sprinkle both sides of steaks with salt. Season with fresh pepper.

2. Whirl garlic and chilies in a food processor until finely chopped. Add lime juice, fish sauce, sugar, cilantro and mint. Whirl until finely chopped. Scrape into a small bowl. Set aside.

3. Oil grill. Barbecue steaks, lid open, 5 to 6 min per side for medium-rare, if steak is 1 in. thick. Transfer steaks to a cutting board. Let stand 5 min, then slice into thin strips. Serve drizzled with cilantro sauce and sprinkled with more mint, if desired.

**Per serving** 426 calories, 51 g protein, 11 g carbs, 19 g fat, 1 g fibre, 962 mg sodium. Excellent source of vitamin B<sub>6</sub>.

### Grilled Spicy Chicken with Strawberry-Cucumber Salad

Serves 4

Prep 30 min; total 40 min

- 4 skinless, boneless chicken breasts
- ¼ cup lemon juice, divided
- 1 tbsp sriracha
- 4 tsp honey
- 3 tbsp olive oil, divided
- 1 tsp lemon zest
- ¾ tsp salt, divided

- 2 tbsp white balsamic vinegar
- 1 pint strawberries
- 1 English cucumber
- ¼ cup coarsely chopped fresh mint leaves

1. Place chicken breasts on a cutting board. Lay a piece of plastic wrap over chicken. Using a rolling pin or mallet, pound until chicken is ½ in. thick. Whisk 3 tbsp lemon juice with sriracha, honey, 1 tbsp oil, lemon zest and ½ tsp salt in a small bowl. Reserve ¼ cup of marinade. Pour remaining marinade into a large zip-lock bag. Add chicken to bag. Seal bag, letting all the air out. Massage chicken until coated. Let stand for 20 min.

2. Whisk vinegar with remaining 1 tbsp lemon juice, 2 tbsp oil and ¼ tsp salt in a large bowl. Season with fresh pepper. Hull and coarsely chop strawberries. Slice cucumbers lengthwise into quarters, then ½-in. pieces. Set aside.

3. Preheat barbecue to medium. Oil grill. Barbecue chicken, lid closed, until springy when pressed, 4 to 5 min per side. Brush chicken with reserved marinade during last 2 min of grilling. Stir strawberries, cucumber and mint into dressing. Serve chicken with salad.

**Per serving** 371 calories, 47 g protein, 17 g carbs, 12 g fat, 3 g fibre, 453 mg sodium. Excellent source of vitamin C.

### Drippy Ribs & DIY BBQ Sauce

Serves 6

Prep 20 min; total 1 hour 30 min

- 2 racks pork back ribs, about 1.5 kg each, cut in half

#### SAUCE

- 1 cup ketchup
- 1 cup cider vinegar

- ¼ cup packed brown sugar
- 2 tbsp yellow mustard
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp hot sauce

1. Trim any excess fat off ribs. Arrange ribs, meaty-side up, in a very large, wide pot. Add enough water to cover ribs. Boil, then reduce heat to medium-low. Simmer, covered, turning ribs occasionally, until meat is fork-tender, 45 to 60 min. Transfer ribs to a platter.

2. Stir ketchup with vinegar, sugar, mustard, garlic powder, onion powder and hot sauce in a saucepan over medium. Gently boil, stirring often, until sauce starts to thicken, 12 to 15 min.

3. Preheat barbecue to medium-low. Brush ribs with sauce. Oil grill. Barbecue ribs, lid open, turning and basting often with sauce, until ribs are well glazed and heated through, 8 to 10 min. Transfer to a cutting board. Slice into 1-rib sections and serve.

**Per serving (about 3 ribs)** 828 calories, 58 g protein, 22 g carbs, 55 g fat, 1 g fibre, 784 mg sodium. Excellent source of vitamin B<sub>6</sub>.

### Mojito Fish Tacos

Serves 4

Prep 35 min; total 45 min

- 400 g cod fillets
- 1 tsp lime zest
- ¼ cup lime juice
- 2 tbsp chopped mint
- 2 tbsp canola oil
- ¼ tsp salt

#### CABBAGE SLAW

- ¼ cup lime juice
- 2 tbsp honey
- ¼ tsp salt
- ½ small onion, thinly sliced
- 3 cups thinly sliced green cabbage
- 1 jalapeno, seeded and minced



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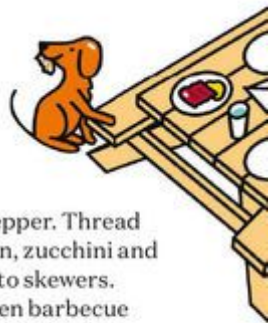


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**CHATELAINE**





- 8 small flour tortillas
- 1 avocado, thinly sliced
- ¼ cup chopped mint, optional
- 1 tsp lime zest, optional

1. Pat cod fillets dry with paper towels. Whisk 1 tsp lime zest with ¼ cup lime juice, 2 tbsp chopped mint, oil and ¼ tsp salt in an 8×8-in. baking dish. Add cod. Let fish marinate in lime juice mixture at room temperature, flipping halfway through, for 15 min.

2. Whisk ¼ cup lime juice with honey and ¼ tsp salt in a large bowl. Stir in onion. Let stand for 5 min. Add cabbage and jalapeno. Stir to coat.

3. Preheat barbecue to medium-high. Oil grill. Remove cod from marinade and lay on grill. Barbecue, lid closed, until a knife tip inserted in thickest part of fish and held for 10 sec comes out warm, 6 to 8 min. Transfer fish to a plate and flake into bite-size pieces.

4. Assemble tacos by filling tortillas with cabbage slaw, avocado and fish. Sprinkle with ¼ cup chopped mint and 1 tsp lime zest.

**Per serving** 407 calories, 25 g protein, 48 g carbs, 14 g fat, 6 g fibre, 703 mg sodium. Excellent source of vitamin C.

**Prep tip:** A thicker cut of fish may require longer grilling time.

## Black Bean & Tofu Burgers

**Serves 4**

**Prep** 20 min; **total** 30 min

- ½ cup canned black beans, rinsed
- 2 garlic cloves
- ½ cup quick oats
- ½ cup ketchup
- ¼ cup chopped cilantro
- 2 tbsp flaxseed meal

- ½ tsp chipotle chili powder
- ½ tsp salt
- 350 g extra-firm tofu
- 4 hamburger buns, toasted

1. Preheat barbecue to medium.

2. Whirl black beans with garlic, oats, ketchup, cilantro, flaxseed, chipotle chili powder and salt in a food processor, scraping down sides if needed, until smooth. Scrape into a large bowl.

3. Pat extra-firm tofu dry with paper towels. Squeeze gently to drain excess liquid. Crumble into coarse pieces and stir into black bean mixture. Divide mixture into 4 portions. Form into 1-in.-thick patties.

4. Oil grill. Barbecue burgers, lid open, until firm to the touch and grill marks form, 4 to 5 min per side. Serve on buns and top with your favourite burger toppings (lettuce, tomato, pickles, red onion, ketchup, etc.).

**Per serving** 394 calories, 22 g protein, 48 g carbs, 4 g fat, 5 g fibre, 958 mg sodium. Excellent source of iron.

## Curried Coconut Chicken Kebabs

**Serves 4**

**Prep** 35 min; **total** 45 min

- 12 wooden skewers
- 1 cup coconut milk
- ¼ cup Madras curry paste
- 1 tbsp honey
- ¼ tsp salt
- 4 small skinless, boneless chicken breasts, cut into 1-in. pieces
- 2 red peppers, cut into 1-in. pieces
- 1 head broccoli, cut into large florets
- 2 tbsp coarsely chopped cilantro
- 1 lime, cut into wedges

1. Soak wooden skewers in warm water for 20 min.

2. Whisk coconut milk with curry paste, honey and salt in a large bowl. Reserve ¼ cup marinade in a small bowl. Add chicken and vegetables to large bowl and stir to coat. Let stand for 10 min.

3. Preheat barbecue to medium. Alternately thread chicken and vegetables onto skewers.

4. Oil grill. Barbecue skewers, lid closed, until chicken is cooked through, 4 to 5 min per side. Baste with reserved marinade for the last 2 min. Transfer to a serving platter and sprinkle with cilantro. Serve with lime wedges.

**Per serving** 470 calories, 50 g protein, 17 g carbs, 23 g fat, 4 g fibre, 745 mg sodium. Excellent source of vitamin A.

## Balsamic Salmon Kebabs

**Serves 5**

**Prep** 25 min; **total** 35 min

- 10 wooden skewers
- ½ cup balsamic vinegar
- 2 tbsp apricot jam
- 500 g skinless, boneless salmon fillets, cut into 1-in. pieces
- ½ small red onion, cut into 1-in. pieces
- 2 small zucchini, sliced into ¼-in. coins
- 280 g cherry tomatoes
- 1 tbsp canola oil
- ¼ tsp salt

1. Soak skewers in warm water for 20 min.

2. Combine vinegar with jam in a small saucepan and set over medium-high. Boil, stirring occasionally, until mixture turns syrupy and reduces by one-third, 7 to 8 min.

3. Preheat barbecue to medium. Toss salmon and vegetables with oil and salt in a large bowl. Season

with fresh pepper. Thread salmon, onion, zucchini and tomatoes onto skewers.

4. Oil grill, then barbecue skewers, lid closed, until salmon is cooked through, about 4 min per side. Brush with vinegar mixture, then transfer to a platter.

**Per serving** 254 calories, 19 g protein, 15 g carbs, 13 g fat, 2 g fibre, 176 mg sodium. Excellent source of vitamin B<sub>12</sub>.

## Greek Antipasto Kebabs

**Serves 5**

**Prep** 30 min; **total** 40 min

- 10 wooden skewers
- 3 tbsp lemon juice
- 2 tbsp lemon zest
- 2 tbsp olive oil
- 1 garlic clove, minced
- ½ cup chopped fresh mint
- 250-g pkg halloumi cheese
- 30 shiitake mushrooms, 3 100-g pkgs, stems removed
- 398-mL can artichoke hearts, drained, each cut in half
- 20 marinated mini bell peppers
- 1 tbsp olive oil

1. Soak skewers in warm water for 20 min. Whisk lemon juice with zest, oil and garlic in a small bowl. Season with pepper. Stir in mint.

2. Preheat barbecue to medium. Slice halloumi in half crosswise, then cut each half into 5. You should have 10 pieces. Alternately thread halloumi, 3 mushrooms, artichoke and 2 bell peppers onto each skewer. Brush with oil.

3. Oil grill, then barbecue skewers, lid closed, until grill marks form, 3 to 4 min per side. Drizzle with dressing.

**Per serving** 318 calories, 14 g protein, 20 g carbs, 22 g fat, 4 g fibre, 803 mg sodium. Excellent source of vitamin A.



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# Cuban influence

Mix up this traditional cocktail (or one of these tasty variations) and say cheers — ¡salud! — to summer

## Classic Mojito

Serves 1

6 fresh mint leaves  
4 ½ tsp simple syrup  
2 oz white rum  
1 oz fresh lime juice

Muddle mint and syrup in a shaker. Fill with ice. Add rum and lime juice. Shake, then pour into a tall glass. Garnish with lime wheels and mint sprigs. **Simple syrup:** Mix 1 cup granulated sugar with 1 cup water in a small pot. Bring to a boil. Transfer to a jar and chill. Keeps well, refrigerated, up to 2 weeks.

## Mojito Sangria

Make a quadruple batch of Classic Mojito and chill it in a pitcher for an hour. Top with 500 mL chilled sauvignon blanc or pinot grigio and 500 to 750 mL chilled soda water.

## Raspberry-Basil Mojito

Use basil syrup in place of simple syrup. Add ¼ cup fresh raspberries to mint and syrup and muddle well.

**Basil syrup:** Mix 1 bunch fresh basil, torn up, with sugar and water. Boil for 1 min. Chill. Strain.

## Spicy Mojito

Use habanero syrup in place of simple syrup. Garnish with a chili skewer. **Habanero syrup:** Mix 1 to 3 chopped habaneros with sugar and water. Boil for 1 min. Chill. Strain.

## Mango Mojito

Add ¼ cup mango purée to muddled mint and simple syrup.

## Pineapple-Coconut Mojito

Add ¼ cup pineapple juice and ¼ cup sweetened coconut water to muddled mint and simple syrup. Serve in a baby coconut, a hollowed-out pineapple or a tiki glass.

## Dark & Stormy Mojito

Use ginger syrup in place of simple syrup. Garnish with candied ginger. **Ginger syrup:** Mix ½ cup chopped ginger with sugar and water. Boil for 1 min. Chill. Strain.



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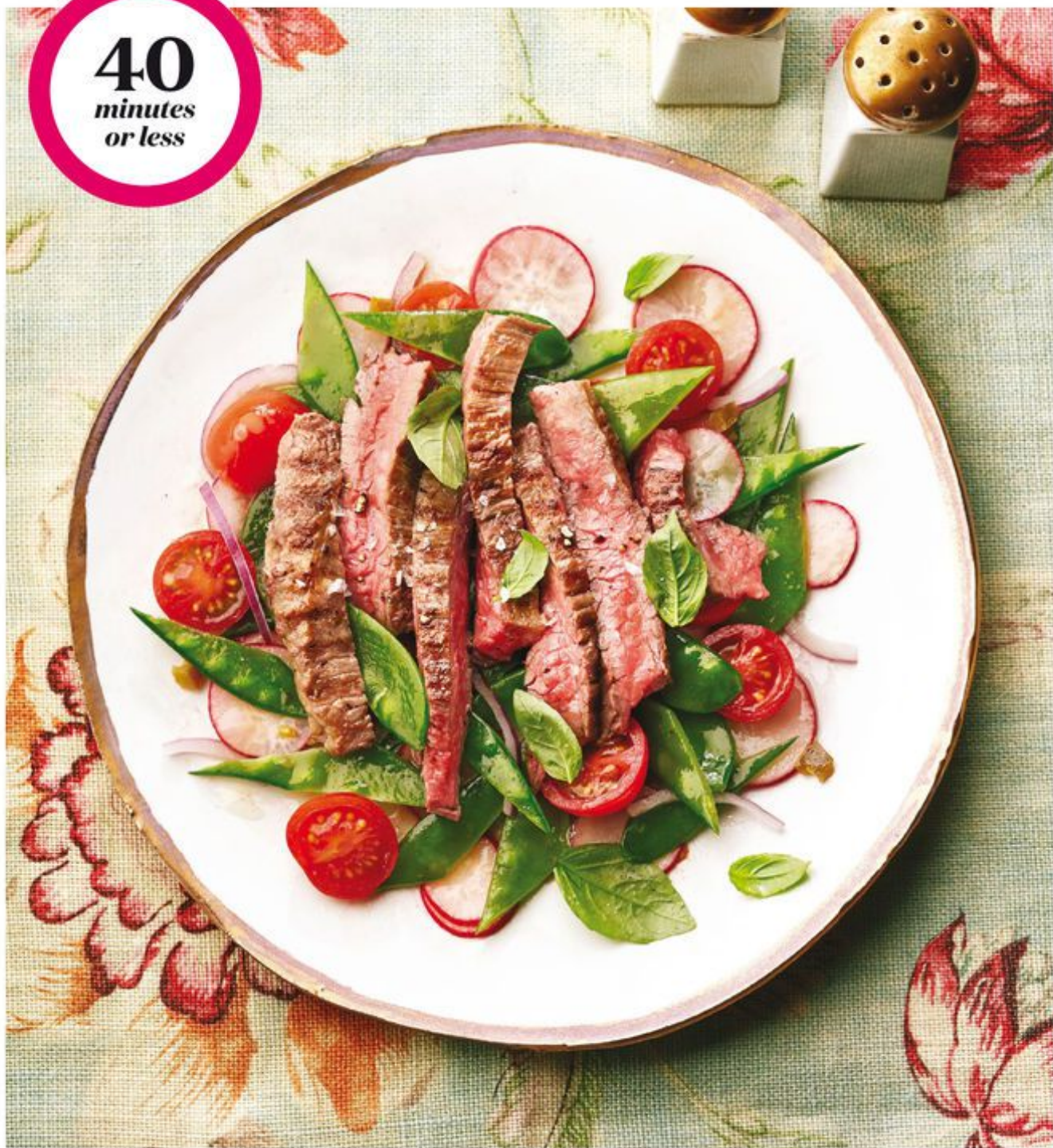
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# The Dinner Plan

One shopping list, five easy weeknight meals

**40**  
minutes  
or less



Monday

## Flank Steak with Snow Pea & Radish Salad

Ready in 40 min Serves 4

FOOD STYLING: MIRANDA KEYES. PROP STYLING: RAYNA SCHWARTZ.





Use leftovers to  
make this

## Tuesday

Chicken & Kale Sauté on Rice  
Ready in 35 min Serves 4



## Wednesday

Thai Chicken Rice Noodle Rolls  
Ready in 25 min Serves 4



## Thursday

Honey-Ginger Tofu & Veggie  
Noodle Stir-Fry  
Ready in 35 min Serves 4



## Friday

Grilled Pork Chops with Basil Butter  
& Grilled Vegetables  
Ready in 30 min Serves 4





## Grocery list

### PRODUCE

- 1 onion
- 2 red onions
- 1 shallot
- 1 carrot
- 3 yellow or green zucchini
- 1 bunch kale
- 1 bunch radishes
- 200 g snow peas
- 1 head bibb or butter lettuce
- 2 280-g pkgs grape or cherry tomatoes
- 2 bundles asparagus
- 1 green onion
- 1 head garlic
- 1 knob ginger
- 1 bunch cilantro
- 2 bunches basil
- 1 lemon
- 2 limes

### PROTEIN

- 4 pork loin chops, ¾ in. thick
- 1 flank or skirt steak, 600 g
- 2 450-g pkgs ground chicken
- 350 g extra-firm tofu

### DRY GOODS

- long-grain white rice
- 125 g fine rice vermicelli noodles
- 350 g chow-mein noodles
- 8 rounds rice paper
- 1 jar pickled jalapenos

### CHECK YOUR PANTRY

FOR extra-virgin olive oil, canola oil, sesame oil, red-wine vinegar, rice vinegar, fish sauce, low-sodium soy sauce, sriracha, Dijon mustard, honey, brown sugar, butter, salt, pepper, hot-red-chili flakes, 4 eggs.



### MONDAY

## Flank Steak with Snow Pea & Radish Salad

Serves 4

Prep 20 min; total 40 min

- 1 flank or skirt steak, about 600 g
- ½ cup extra-virgin olive oil, divided
- ½ tsp salt, divided
- 2 tbsp red-wine vinegar
- 1 to 2 tbsp chopped pickled jalapenos
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- 280 g grape or cherry tomatoes, halved
- ¼ medium red onion, thinly sliced
- 1 bunch radishes, sliced
- 200 g snow peas, trimmed
- 4 basil leaves, torn

1. Preheat barbecue to medium-high. Pat steak dry with paper towels. Combine 2 tbsp oil with ¼ tsp salt in a small bowl and brush over both sides of steak. Season with fresh pepper. Oil grill. Barbecue steak, lid open, until medium-rare, 4 to 6 min per side. Transfer to a cutting board and rest, covered with foil, at least 5 min.
  2. Whisk remaining ¼ cup oil with vinegar, jalapeno, Dijon, garlic and remaining ½ tsp salt in a large bowl. Season with fresh pepper. Stir in tomatoes, onion, radishes, snow peas and basil until combined.
  3. Slice the steak thinly against the grain and serve with the snow pea salad.
- Per serving** 420 calories, 33 g protein, 10 g carbs, 27 g fat, 3 g fibre, 401 mg sodium. Excellent source of vitamin C.



### TUESDAY

## Chicken & Kale Sauté on Rice

Serves 4

Prep 20 min; total 35 min

- 1 ½ cups long-grain white rice
- 1 tbsp canola oil
- 1 onion, finely chopped
- 4 garlic cloves, minced
- 1 tbsp finely grated ginger
- 900 g ground chicken
- ¼ cup brown sugar
- 6 cups finely chopped kale
- 2 tsp lime juice
- 3 tbsp fish sauce
- 1 tsp hot-red-chili flakes
- 4 eggs

1. Cook rice according to package directions but omitting salt, 15 to 20 min.
  2. Heat a very large non-stick frying pan over medium. Add oil, then onion, garlic and ginger. Cook until onion is soft, 3 to 4 min. Increase heat to high. Add chicken. Cook, breaking up meat with a wooden spoon, until no longer pink, 5 min. Drain fat. Sprinkle with sugar. Cook, stirring often, until chicken is golden brown, 4 to 5 min.
  3. Add kale, lime juice, fish sauce and chili flakes. Stir until kale wilts, 2 min. Refrigerate 2 cups of mixture for Thai Chicken Rice Noodle Rolls.
  4. Divide rice among 4 plates. Top with remaining chicken-kale mixture. Return pan to stovetop over medium.
  5. Crack eggs into pan. Cook, covered, until whites are no longer runny, 2 to 3 min. Top each plate with a fried egg.
- Per serving** 663 calories, 39 g protein, 73 g carbs, 23 g fat, 3 g fibre, 842 mg sodium. Excellent source of vitamin C.



### WEDNESDAY

## Thai Chicken Rice Noodle Rolls

Serves 4

Prep 25 min; total 25 min

- 125 g fine rice vermicelli noodles
- 2 tbsp lime juice
- 2 cups chicken-kale mixture (from Chicken & Kale Sauté on Rice)
- 8 rounds rice paper
- 8 large leaves bibb or butter lettuce
- ½ cup chopped cilantro
- ½ cup basil leaves
- sriracha, optional

1. Cover vermicelli noodles with boiling water in a large bowl. Let stand until tender, 5 to 7 min. Drain and rinse with cold water. Squeeze excess water from noodles.
  2. Stir lime juice into chicken-kale mixture until coated.
  3. Lay a damp kitchen towel on counter. Fill a pie plate with warm water and place beside towel. Line up ingredients.
  4. Dip 1 rice paper round into water and soak until pliable, about 30 sec. Lay softened round on towel. Place a lettuce leaf just below the centre. Top with ¼ cup chicken mixture, then ¼ cup vermicelli and 1 tbsp each cilantro and basil. Drizzle with sriracha.
  5. Lift rice paper edge closest to you up and over filling, then roll toward the centre. Fold in sides, then continue rolling to form a log. Set seam-side down on a platter. Repeat with remaining ingredients. Serve with more sriracha, if desired.
- Per serving** 386 calories, 20 g protein, 53 g carbs, 10 g fat, 3 g fibre, 494 mg sodium. Excellent source of vitamin A.



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# THURSDAY

## Honey-Ginger Tofu & Veggie Noodle Stir-Fry

Serves 4

Prep 20 min; total 35 min

- 350 g chow mein noodles
- ¼ cup low-sodium soy sauce
- 2 garlic cloves, minced
- 2 tbsp rice vinegar
- 1 tbsp honey
- 1 tbsp sesame oil
- 1 tbsp grated ginger
- 350 g extra-firm tofu, cubed
- 2 tbsp canola oil
- ¼ tsp salt
- 2 bundles asparagus, trimmed and cut into 1-in. pieces
- 1 carrot, peeled and cut into matchsticks
- 1 green onion, thinly sliced

1. Boil noodles in a large pot of water, according to package directions, until tender, 1 min. Drain well.

2. Whisk soy with garlic, vinegar, honey, sesame oil and ginger in a small bowl until combined.

3. Place tofu cubes on a kitchen towel and press to remove excess liquid. Heat a large non-stick frying pan over medium. Add canola oil, then tofu. Sprinkle with salt. Cook, stirring often, until tofu is golden brown, 6 to 8 min.

4. Add asparagus and carrot. Cook until vegetables are tender-crisp, 4 min. Stir in noodles and soy mixture. Cook until noodles are warmed through, 1 min. Season with fresh pepper. Sprinkle with green onion.

**Per serving** 509 calories, 26 g protein, 64 g carbs, 18 g fat, 5 g fibre, 846 mg sodium. Excellent source of iron.



# FRIDAY

## Grilled Pork Chops with Basil Butter & Grilled Vegetables

Serves 4

Prep 15 min; total 30 min

- ½ cup butter, at room temperature
- ¼ cup chopped fresh basil
- 1 tbsp minced shallot
- 1 tbsp lemon zest
- 4 pork loin chops, about ¾ in. thick
- ¾ tsp salt, divided
- 3 zucchini, cut lengthwise into ¼-in.-thick slices
- ½ small red onion, cut into ¼-in.-thick rounds
- 280 g grape or cherry tomatoes, halved

1. Preheat barbecue to medium. Stir butter with basil, shallot and zest in a small bowl. Scrape onto a sheet of plastic wrap. Roll into a log. Freeze until firm, 15 min.

2. Sprinkle chops with ¼ tsp salt. Oil grill. Barbecue pork chops, lid closed, until meat is firm to the touch, 3 to 4 min per side. Cover with foil.

3. Sprinkle zucchini with remaining ¼ tsp salt. Oil grill. Barbecue zucchini and onion, lid closed, until grill marks form, 3 to 4 min per side. Transfer to a cutting board. Cut zucchini into thirds and onion in half. Toss with tomatoes in a large bowl.

4. Slice basil butter into 4 rounds and place on chops. Serve with grilled vegetables.

**Per serving** 434 calories, 31 g protein, 8 g carbs, 31 g fat, 2 g fibre, 661 mg sodium. Excellent source of vitamin A.

## Loose ends

How to use up leftover ingredients from this month's Dinner Plan



BASIL

### BELL PEPPER BRUSCHETTA

Broil 4 red peppers on a baking sheet, turning often, until charred and soft, about 30 min. Cool, then peel, discard seeds and finely chop. Stir with 3 tbsp finely chopped basil, 2 tbsp finely chopped capers, 1 tbsp each lemon juice and olive oil and ½ tsp salt in a bowl. Season with fresh pepper. Serve on toasted sliced French bread.



SHALLOTS

### EASY TOMATO PASTA

Cook 4 thinly sliced shallots in ¼ cup olive oil in an extra-large frying pan over medium until soft, 3 min. Add 280 g cherry tomatoes and ½ tsp salt. Cook until tomatoes are soft, 7 to 8 min. Stir in 4 cups cooked rigatoni, ¼ cup each pasta cooking water and finely grated parmesan, and 1 tbsp lemon zest. Season with fresh pepper.



RICE PAPER

### CREAMY WASABI TUNA WRAP

Combine 170-g can chunk tuna, drained, with ¼ cup mayonnaise, 1 ½ tsp each lime zest and juice, ½ tsp soy sauce and ¼ tsp wasabi paste in a small bowl. Divide among 4 soaked and tender rice paper rounds with 1 small shredded carrot, 1 thinly sliced baby cucumber and ½ cup shredded lettuce. Roll into a log.



PICKLED JALAPENOS

### JALAPENO POPPER QUESADILLAS

Stir ½ 250-g pkg cream cheese, at room temperature, with ½ cup grated monterey jack cheese, 2 tbsp finely chopped cilantro and 1 tbsp finely chopped pickled jalapeños. Spread mixture over half of 2 large flour tortillas. Fold other half overtop. Pan-fry in a lightly oiled non-stick pan until golden, 2 to 3 min per side. Cut into wedges to serve.



LIMES

### LIME-SICLE SHAKE

Whirl 3 cups vanilla ice cream with 1 ½ cups milk, ¼ cup lime juice and 1 tbsp lime zest in a blender until smooth. Serve topped with whipped cream and a maraschino cherry.





About **1 in 10** adults have this important health condition

If your kids had you up all night, of course you're going to feel sluggish come sunrise. But if your energy is constantly lagging, it's time to look deeper. If you're always feeling cold or noticing other health issues, such as constipation or dry, itchy skin, the problem could be your thyroid.

#### Hypothyroidism explained

Simply put, it's an underactive thyroid. That butterfly-shaped gland in your neck isn't producing enough of two key hormones that are directly linked to your overall metabolism.

#### More common than you think

Thyroid disease affects about one in 10 adults, and yet many of these cases go undiagnosed. According to a US study, your chance of getting the disease only increases with age. From about age 35, women see a rapid rise in hypothyroidism, ranging from approximately one in 16 women to nearly one in five by age 70.

#### Dangers of ignoring it

Untreated, hypothyroidism can lead to high blood pressure and heart problems. It can also affect your concentration and mood, and cause changes in your menstrual cycle.

#### Find out for sure

If you've been feeling unusually run down, don't wait: see your doctor. A thyroid stimulating hormone (TSH) test will quickly indicate whether you might have a thyroid disorder.

# How are you, Really?

We all have the odd day when we feel as though we're dragging our tired selves around. But if that's becoming your new normal, it's time to take action.

## the top \* symptoms

Is it hypothyroidism?



**1.** If you are increasingly uncomfortable with cooler temperatures (or often feel cold), it could be another sign of an under-active thyroid.



**2.** Another common symptom is fatigue – after all, your metabolism is slowing down. If you're tired and unable to restore your energy, it might be your thyroid.



**3.** If you are frequently experiencing constipation or are noticing dry skin and brittle hair, hypothyroidism could be the cause.

If you're fatigued, feeling down and can't bear the cold, **talk to your doctor.**





A DATE WITH...

## Jason Priestley

Actor, age defier, proud '90s heartthrob

By COURTNEY SHEA



Age, height,  
hometown

46, 5'8", Vancouver

My friends say I'm  
Impatient

On a Friday  
night I am  
Cooking

First celebrity  
crush  
Farrah Fawcett

Song to set  
the mood  
Anything by  
Frank Sinatra

**Full disclosure: My 14-year-old self is freaking out right now. Who am I kidding — my 37-year-old self is freaking out too.**

Ha. That's nice. I am really lucky to have fans who have stuck with me over the years.

**You've aged about five minutes since the 90210 days. Do you, Rob Lowe and John Stamos have some sort of secret society of agelessness?**

We get together every couple of months. We sacrifice a goat. We drink its blood while it's still warm. There are some other things we do that I can't really talk about, but suffice it to say pentagrams are drawn. I hope you'll indulge me while I pretend this date is taking place at the Peach Pit. Imagine you order the burger and fries and I order a salad, dressing on the side. What are you thinking?

Well, we are in Beverly Hills, so you have to have a chopped salad. I don't think I would judge. There's nothing wrong with a woman who takes care of herself. It's important for all of us to be mindful about what we put into our bodies. I think the salad is a very savvy move.

**Really? Because if you ordered a salad, I would be like, "Oh, man... salad guy."**

Really. So you would judge me?

I would. I think a lot of women want to see the guy order the burger — or even the veggie burger — at least on the first date.

Later on I can have my spinach salads, my quinoa, my bulgur.

**Totally. When you first met your wife, Naomi, what did she do that impressed you?**

I was doing a play in the West End in London at the time. She came to see it and we went for dinner after. I remember she went shot for shot, vodka drink for vodka drink, with me. She definitely held her own and impressed me a lot.

**Exactly! That's not an "I'll have the salad" kind of girl. No, definitely not.**

**Does being linked to a character you played a quarter century ago get annoying?**

Not for me. I'm very much at peace with all of the stages of my career. The character of Brandon and the show were huge cultural touchstones for a lot of people. I was very lucky to be a part of it.

**Still, if we really were on a date right now, you might be thinking, "Oh no, it's a mega-fan. I'm going to get up to go to the bathroom and flee."**

Ha ha. Potentially, potentially.

**You are on two new TV series premiering this season. On *Private Eyes*, you play a hockey player turned investigator; on *Raising Expectations*, you're a devoted father. Which character do you more strongly identify with?**

Definitely Matt Shade [from *Private Eyes*]. He's a guy who had success early in his life, who is now trying to figure out what that second act is going to look like. I can really relate to that.

**Would you be a good private eye in real life?**

I think so. I think I can read people, pick up what they're putting down. That's part of what we do as actors.

**Okay, then I have to ask: What am I putting down?**

I'm sensing the super-fan vibe. I'm getting nervous. Maybe I'm inching toward the exit.

**Oh, come on. You can't leave yet. With the success of *Fuller House* on Netflix, people are wondering whether the Bev Hills gang might be up for a similar reboot.**

I don't think it's going to happen, but, hey, look — never say never. If they got the band back together, I would have to take it seriously.

**Okay now, we're finishing up dinner. What would we do next?**

Well, we would just go next door to the Peach Pit After Dark. We could watch a band, have a drink.

**Maybe get our hands on some U4EA. See what happens...**

Now we're talking. **G**





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